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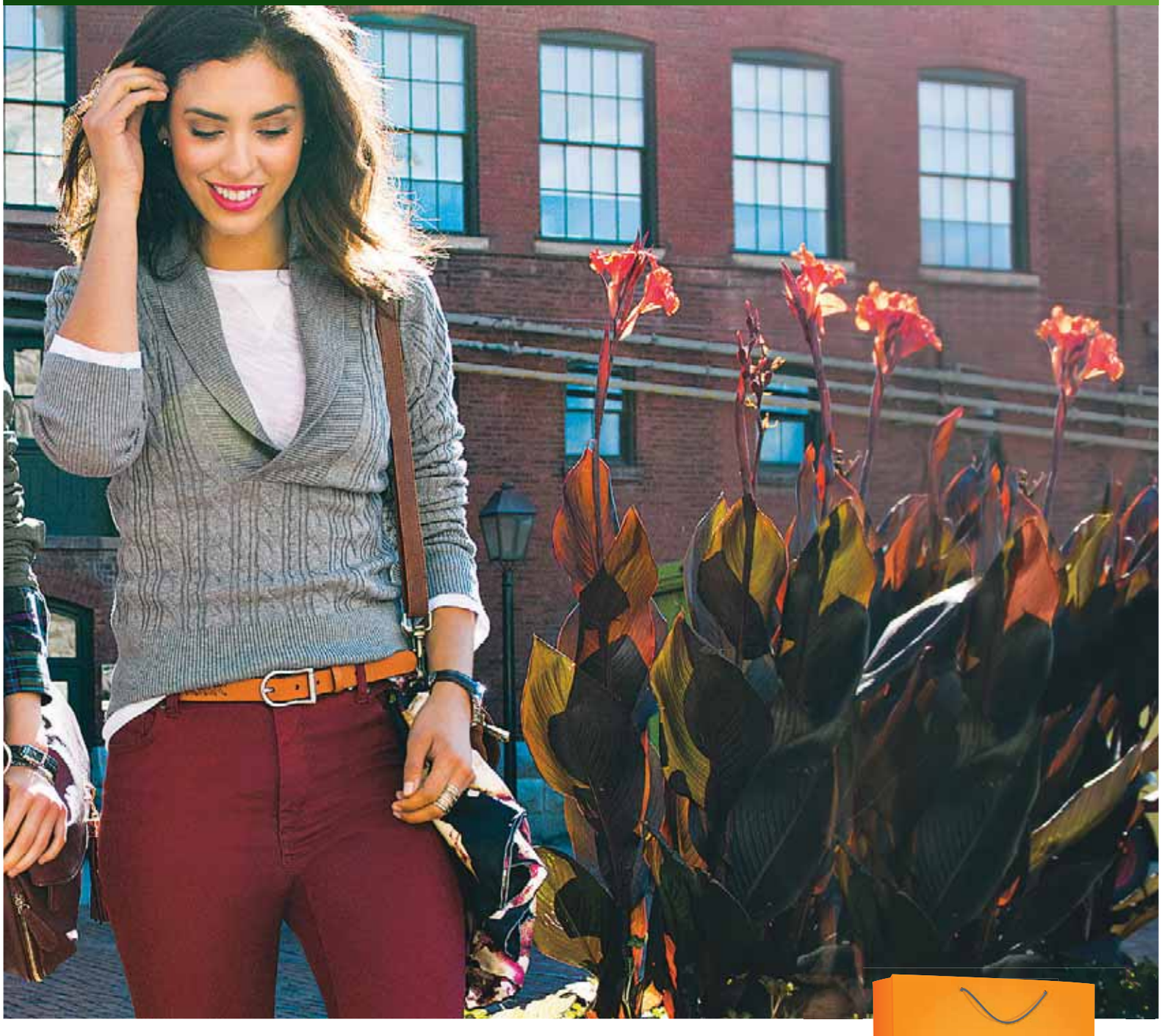

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JUSTIN TRUDEAU LAUNCHES HIS CAMPAIGN FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE AN EBULLIENT CROWD IN MONTREAL PAGES 12-13

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WINNING SPIRIT

Shortstop Yunel Escobar and left-fielder Rajai Davis celebrate the Blue Jays' 4-3 win over the Minnesota Twins in Toronto on Tuesday. The victory may give Toronto fans some solace as they reflect on a disheartening run, which ends after the team's final game tonight at the Rogers Centre. Planning to go? Get pumped by reading Metro's list of silver linings of the derailed season — as well as the full story of Tuesday's game — on page 39. NATHAN DENETTE/THE CANADIAN PRESS

Council lectured on how to spend $100M windfall

Enwave sale approved. CFO warns city council they must commit to a long-term budget plan

City council approved the sale of Enwave Energy Corp. at its first meeting since the summer break, securing $100 million in unexpected profit. But questions remain about where that "windfall" should be spent — despite the fact city staff say it needs to go towards streetcar debt.

Frustrated, chief financial officer Cam Weldon had some tough words for councillors afterwards, saying they need to learn to stick to a plan and a budget or risk slipping "deeper and deeper" into the red.

"I've said this to council, and I've done it for my own personal finances and that's why I can retire at this time: You have to be disciplined," Weldon said.

"The problem that I've seen — and some of it you saw today — was that we had a plan: Staff recommended that $168 million go to the capital reserve … (Council) approved it in (the 2012 budget in) January. So now they want to deviate from the plan. They want to add more things."

In a brief speech to council, Mayor Rob Ford said it was probably one of the largest windfalls the city has ever seen, or ever will.

"Every dime must go to streetcars," he said. "I inherited this mess and I have to clean it up, and we are cleaning it up now."

Coun. Pam McConnell wanted $50 million to be directed to the Toronto Community Housing Corporation. Other councillors hoped it would go towards a Toronto Water capital fund to deal with basement flooding issues. TORSTAR NEWS SERVICE

City makes a profit

Toronto owned 43 per cent of the deep-water cooling company.

- The city's share amounts to $168 million, which, minus a $68-million investment, works out to $100 million in profit.

2 charged in rapper's killing

Toronto police still searching for "unsophisticated" woman in rap-studio murder case PAGE 3

How to tackle immigration

A new report will form the blueprint for Ontario's "first-ever" immigration strategy PAGE 6

Liam Neeson, man of action

Irish film star's career takes another turn with the release of Taken 2 PAGE 23

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Constable on trial

Defence suggests spa sex assault was concocted

When a masseuse performed oral sex on a Toronto police officer at North York "holistic spa," it was to persuade him not to charge her with offering him sexual services for $100.

And when the furious owner of the spa found out, she suggested they further avert the threat to her business by accusing the officer of sexual assault.

Or so goes the theory of the defence counsel for Det. Const. Mandip Sandhu.

On the second day of Crown witness testimony in Sandhu's sexual assault trial, lawyer Harry Black used his cross-examinations to paint a picture of the North York spa as a rub-and-tug parlour where masseuses were just as likely to be "on the table as beside it."

The allegations were firmly denied by both the 44-year-old complainant, whose identity is protected by a publication ban, and the spa owner, Qing Pei Wu.

Black pointed out a number of discrepancies and omissions in the complainant's testimony on Monday, compared with the interview she did with the Special Investigations Unit on June 3, 2010, the day the alleged assault took place.

She told the SIU that before the man identified himself as a police officer, he asked her if she would "do more" than a massage for $100, and she refused. She did not mention that exchange when testifying Monday.

The woman said that she did not remember the conversation because it occurred more than two years ago.

Black argued that she did not recall the conversation because it did not happen. Instead, he suggests, she broke the "cardinal rule" of the spa owner, which he said was never to offer sexual services to a customer until they were entirely naked and on the massage bed.

TORSTAR NEWS SERVICE

Two men charged, woman wanted in connection with rapper's killing

Armed robbery. Police urge woman who allegedly made getaway with accused to turn herself in

JESSICA SMITH
jessica.smith@metronews.ca

Police across Canada are looking for LaPrincia Palmer — a 19-year-old woman accused of fleeing the scene of a murder in a basement rap studio in Scarborough last January.

"There is a tremendous amount of policing efforts ... going into locating her," said Det. Sgt. Gary Giroux at a press conference Tuesday. "The world can become a very small place for somebody as unsophisticated as this young woman is and I'm suggesting she surrender herself when she hears my words this afternoon."

The murder victim, Anthony Spencer, was with friends in the studio beneath a convenience store on Brimley Road at about 5 a.m. Jan. 21, 2012, when two suspects robbed the group and Spencer was shot, police say.

Samuel Paul, 23, is charged with first-degree murder, armed robbery and numerous weapons charges, and Chever Ashley, 22, is charged with armed robbery and accessory after the fact of a murder and numerous weapons charges.

According to police, Palmer was at the convenience store calling for a taxi when Spencer was killed; the cab company's recording of the call picked up the sound of gunshots. When it came, she left in it with Paul and Ashley, police said.

Giroux said the warrant for Palmer's arrest on charges of armed robbery and attempting to obstruct a police investigation came eight months after he publicly released a surveillance photo of her calling the taxi and gave her a choice: Co-operate with police or stay loyal to the offenders and face the consequences.

Spencer's family, including his mother, father, sister, brother and sister-in-law, attended the police press conference and called for other witnesses to come forward.

The friends he was with dropped him off at Scarborough General Hospital after he was shot, but he was already dead and they fled, police said.

Anthony's sister Susan Spencer said it has been "torture" for her and her family to know that some or all of the friends who were with her brother saw who killed him, but didn't co-operate with police.

"I hope this arrest will give courage to those witnesses who still haven't come forward to step up and do the right thing," Susan said. "We are praying to God to give them the strength to stand beside (the police) and share in a successful prosecution."

Giroux wouldn't say who, if anyone, has come forward.

"The difficulty is that with the investigation there are some security concerns in relation to these individuals," he said.

The two accused have been in custody since shortly after the murder on gun charges related to a semi-automatic weapon — which police later tied to Spencer's murder, said Giroux. They are gang associates who were known to police, Giroux said.

Quoted

"The world can become a very small place for somebody as unsophisticated as this young woman is and I'm suggesting she surrender herself when she hears my words this afternoon." Det. Sgt. Gary Giroux

LaPrincia Palmer POLICE HANDOUT

Beverley Spencer holds up a photo of her son, murder victim Anthony Spencer, at a press conference at police headquarters in Toronto on Tuesday. JESSICA SMITH/METRO

SMEN 1

On the web

Qriket

Man vs bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

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Liability issue

Pizza lunches at risk in Peel

Pizza lunches in some Peel schools may be banned because some children are allergic to the ingredients.

Thousands of students look forward to the weekly or monthly treat, and Ontario schools see it as a valuable fundraiser to pay for field trips and other programs.

But parents in the Dufferin-Peel Catholic board are angry after learning officials are going to allow individual schools to decide to ban the pizza lunches.

"It's about liability," said Brenda Coady of Divine Mercy school in Mississauga. "They told us that as a school board, if the allergen is present in the school, the board has to take any and all precautions to avoid liability."

"Parents were very upset" when they learned of the possible ban. TORSTAR NEWS SERVICE

On public land

Conservation authority wary of zoo privatization

The Metro Toronto Conservation Authority has told the city of Toronto to stop issuing requests for expressions of interest in privatizing the zoo.

The township of Uxbridge, which owns the land, has a signed agreement with Toronto for the use of the land for a zoo.

O'Connor CONTRIBUTED

Toronto councillors on the conservation authority raised the issue of privatization on Friday, said Uxbridge Mayor Gerri Lynn O'Connor, chair of the authority. "As the landowner for the zoo, we don't support the requests for proposals. We don't have any details of what they're looking at," she said. TORSTAR NEWS SERVICE

Resignation

Metrolinx VP may have been 'fall guy' for Presto: Blogger

The sudden departure on Monday of Metrolinx vice-president Steve Zucker — who headed the Presto smart-card project — could be connected to the payment system's technical difficulties, a Toronto transit advocate says.

Steve Munro, a Toronto transit blogger, says Zucker's resignation could have to do with problems in Ottawa, where this summer's slated Presto roll-out was put off until February because of poorly performing card readers.

"It's always unusual when someone leaves with little notice to 'pursue other opportunities,'" Munro said. TORSTAR NEWS SERVICE

Road-rage cabbie who hit cyclist gets two years in jail

Sentencing. Sultan Ahmed convicted of criminal negligence causing bodily harm for crushing man's leg

A former Toronto taxi driver is going to jail for two years less a day for mangling the leg of a cyclist.

Sultan Ahmed, 41, reversed his taxi into cyclist Krzysztof Kastelewicz's bicycle after they had a heated argument in November 2008, Justice John McMahon said. Ahmed crushed Kastelewicz's leg, forcing doctors to amputate it just above the knee.

The men were arguing on the street after Ahmed nearly struck Kastelewicz, 40, as he crossed Dovercourt Road. Afterward, Kastelewicz, who also probably kicked and dented Ahmed's taxi, began walking back to his bicycle. Ahmed got into his taxi and used it as a weapon to strike the bike, knowing full well Kastelewicz was in close proximity, McMahon said.

"The accused not only had to back up his vehicle, he had to leave the roadway, jump a small curb, cross the sidewalk and then crush the bicycle and the cyclist's leg," he said.

Unfortunate chain of events

"The victim in this matter is not entirely blameless. Both men are equally culpable for getting into a heated argument in which (Kastelewicz) likely hit (Ahmed)."
Justice John McMahon

Kastelewicz's pelvic bone was fractured and the artery in his right leg severed.

"If it wasn't for the neighbour hearing his scream and calling 911, (Kastelewicz) in all likelihood would have bled to death," McMahon said, noting Ahmed fled the scene.

Ahmed then washed Kastelewicz's blood off his taxi and contacted police hours later, claiming Kastelewicz had threatened him with a gun, McMahon said.

In June, the judge rejected Ahmed's version of events in a judge-alone trial and convicted him of criminal negligence causing bodily harm, failure to remain at an accident and obstruction of justice. TORSTAR NEWS SERVICE

Doctors were forced to amputate Krzysztof Kastelewicz's leg after it was mangled by former taxi driver Sultan Ahmed in a heated street argument in November 2008. Sultan was sentenced on Tuesday. ALEX CONSIGLIO/TORSTAR NEWS SERVICE

'I was stupid.' Man uses Craigslist to apologize for 'door prize'

If only it had been a missed connection.

Stepping out of a taxi at College Street and Dovercourt Road recently, a man opened the car door directly into the path of a cyclist, sending her tumbling to the ground. The man said sorry and the woman apparently dusted herself off and said she was fine.

Afterward, fearing he did not sufficiently express his regret, the man took to Craigslist's Missed Connections board to say it once and for all: "I was stupid, stupid, stupid and I should've looked out and checked that there wasn't anyone behind me."

"If I didn't apologize enough then and there, I wanted to do so now in what is probably the only public forum appropriate to do so," he wrote.

Contacted on Tuesday, the man would not comment other than to say he had not heard from the cyclist. In the posting, he said he is also a cyclist who has been knocked off his bike, and said getting doored "is a fear that hovers around us at all times."

"I'm sorry I made you fall … It sucks, I sucked," he said, adding he would pay to fix any damage to her bike. TORSTAR NEWS SERVICE

Trial opens for alleged middleman in philanthropist's murder

Ivgeny Vorobiov bestows a bear hug on Dmitri Kossyrine, right, and an unidentified man. Vorobiov was convicted last year of killing Glen Davis. Kossyrine is on trial for first-degree murder. CONTRIBUTED

Home-builder Dmitri Kossyrine may not have pulled the trigger that killed multimillionaire Toronto businessman Glen Davis in May 2007, but he did enlist people to carry out the task, Crown attorney Hank Goody told a jury on Tuesday in his opening address.

Kossyrine has pleaded not guilty to first-degree murder. He is the only one on trial, although three men were involved in the murder-for-hire plot, Goody said.

Marshall Ross, Davis's godson, was on "top in the chain of responsibility," Goody said, noting Ross believed his benefactor's death would let him off the hook for an outstanding $2 million loan from Davis for Ross's home-renovation business.

Cellphone evidence

- Jurors will hear evidence of cellphone records of numerous calls made by Ross, Vorobiov and Kossyrine on the day of the murder. They will also hear secretly recorded conversations Kossyrine had with Ross, Vorobiov and his office assistant that reveal him "scheming and fabricating" evidence to cover up the crime, Crown attorney Hank Goody said.
- The trial is expected to last six weeks.

Ross turned to Kossyrine, his most frequent building subcontractor, who in turn asked a roofer from his job sites to kill Davis. The roofer enlisted his cousin and the pair attacked Davis with a baseball bat in December 2005.

Davis survived, but 17 months later, Ross again asked Kossyrine to hire a killer and "get the job done right."

In the end, Ivgeny "Eugene" Vorobiov, Kossyrine's close friend, agreed to kill Davis for a substantial sum of money. Vorobiov shot Davis twice as he walked to his vehicle in the underground parking lot of an office building on Eglinton Avenue East.

Ross pleaded guilty to first-degree murder last year. TORSTAR NEWS SERVICE

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Energy minister could face jail time in historic censure

Queen's Park. Opposition unites in bid to force investigation of axed power plants

Energy Minister Chris Bentley faces a historic punishment — or even jail time — after opposition MPPs used their majority in the legislature to ram through a motion to probe the $230 million in cancelled power plants.

"It's a very difficult thing to have to listen to," a sombre Bentley told reporters Tuesday after the 53-50 vote to send the matter to the legislature's finance committee.

In their zeal to investigate how Liberals scrapped two plants to save five Grit MPPs' seats in Oakville and Mississauga, the Progressive Conservatives and New Democrats believe the minister could be in contempt of parliament.

If the legislature concludes he is — something that has not happened in the 220-year history of an assembly predating Confederation — the minister faces penalties as stiff as incarceration.

Premier Dalton McGuinty held a hastily put together presser at Queen's Park on Tuesday, cancelling a good-news announcement at U of T to rally behind embattled Energy Minister Chris Bentley, whom the premier claims is being smeared for political gain. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Rallying behind the embattled Bentley, Premier Dalton McGuinty charged opposition MPPs are smearing an honest man for political gain and setting a "terrible precedent."

The premier had been scheduled to make a "good-news" announcement at the University of Toronto's Leslie Dan School of Pharmacy, but scuttled it late Monday night to refocus on the political crisis that has engulfed his one-year-old minority administration.

Tory Leader Tim Hudak conceded it's "a sad day" for the legislature, but said the chips must fall where they may for Bentley and the Liberals.

"They made the choice and now they have to live with it," said Hudak, adding "it'll be up to committee" to recommend to the legislature by Nov. 19 whether the minister should be jailed or face "the appropriate sanction."

The crisis stems from the delayed release of 36,000 pages of documents related to the Liberals' cancellation of two power plants in Oakville and Mississauga.

While Bentley handed over the thousands of documents on Sept. 24 — meeting the deadline set by Speaker Dave Levac — the Tories and New Democrats believe key passages from at least 2,000 pages have been redacted.

TORSTAR NEWS SERVICE

Quoted

"These attacks, these threats, this heavy-handed, unprecedented process — using the full force of the legislature against one MPP — these are decidedly not in keeping with the standards and traditions we seek to uphold."

Premier Dalton McGuinty

Report urges more skilled newcomers to Ontario

Ontario needs to attract at least 135,000 newcomers a year, raise the ratio of skilled workers and take charge of immigrant selection to keep its economic engine running beyond 2014, says a government-appointed panel.

The findings will be presented to provincial Immigration Minister Charles Sousa on Wednesday, seven months after the expert panel was appointed to tackle declining immigration to the province, skill shortages and the falling economic performance of newcomers.

The report will form a blueprint for Ontario's "first-ever" immigration strategy. Despite long being the top destination for newcomers to Canada, the province has seen its share of immigrant intake dropping by almost one-third over the past decade.

While Ontario is expected to face a shortage of 364,000 skilled workers by 2025, the report found that only 24 per cent of internationally-trained immigrants in Ontario were working in their actual field of training in 2010. That compares with 62 per cent for the Ontario population overall.

"A natural decline in the relative size of Ontario's working age population — due primarily to aging and low fertility rates — will put pressure on public finances as fewer workers support more retired Ontarians," warned the report, obtained by the Torstar News Service.

TORSTAR NEWS SERVICE

Selection process

Twenty of the report's 32 specific recommendations deal with immigrant selection, including:

- Raising annual immigrant intake to 135,000 and the proportion of skilled-class newcomers from 65 to 70 per cent of all immigrants to Ontario.
- Revamping the federal skilled-worker program by eliminating the priority occupation list.
- Piloting a new Expression of Interest immigrant-selection model to "enhance the flexibility, responsiveness, and speed of economic immigration."
- Promoting Ontario as a destination, as well as various programs available, such as the Provincial Nominee Program and Canada Experience Class.
- Shifting the focus of the federal temporary foreign-worker program from attracting low-skilled workers to high-skilled ones.

The Red Planet beckons

Aubrey Kemp-Jackson explores Mars at the Ontario Science Centre's newest exhibition, Beyond Planet Earth: The Future of Space Exploration, on Tuesday. The exhibition opens to the public on Wednesday, running until Jan. 1. RYAN EMBERLEY/MEDIANEEDS.CA

Breast cancer. Women's knowledge of screening is lacking, poll finds

A recent poll commissioned by the Canadian Cancer Society reveals that Ontario women are confused about breast-cancer screening guidelines, including what age they should start screening for the disease and the best way to check for it.

According to the Ipsos Reid poll, 68 per cent of women surveyed did not know that the recommended age in Ontario to get screened is between 50 and 69, and 46 per cent did not know mammograms are the best way to screen for breast cancer.

"We were surprised by the 46 per cent," said Joanne Di Nardo, a public-issues manager at the Canadian Cancer Society, Ontario Division. "It tells us we need to do more in terms of education and awareness."

Getting a mammogram done every two years is the most effective and reliable way to find breast cancer early, when it's most treatable.

However, she said, there was some good news: 84 per cent of women, aged 50 to 69, said nothing would prevent them from getting a mammogram. Only six per cent said they were afraid of getting screened.

"It's great to know that there's not the fear factor playing in," said Di Nardo.

The poll was conducted Aug. 27 to Sept. 7 among 1,223 Ontario women from the ages of 18 to 69. TORSTAR NEWS SERVICE

By the numbers

67%

Currently, close to 67 per cent of Ontario women are getting screened for breast cancer, but officials would like to see that figure reach 70 per cent.

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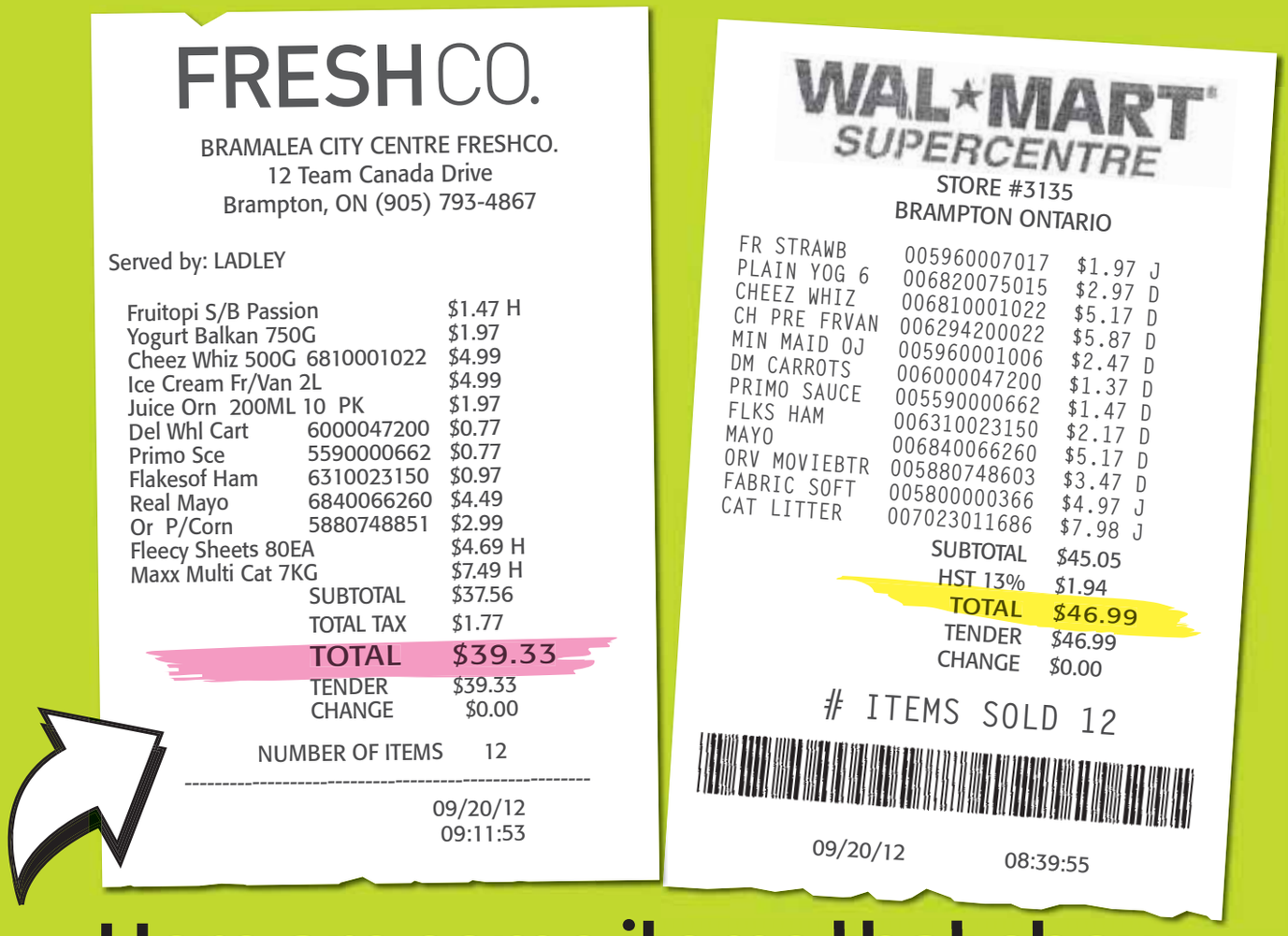

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A volunteer prepares labels Tuesday for seats in the debate hall ahead of the U.S. presidential debate at the University of Denver in Denver. President Barack Obama and Republican presidential candidate Mitt Romney will hold their first debate Wednesday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Romney looks to turn tide against Obama

Heated battle.
Significant Hispanic population could determine who wins in battleground Colorado

Republican challenger Mitt Romney prepared in seclusion Tuesday for his first debate against U.S. President Barack Obama, badly needing a stellar performance Wednesday to turn the tide of polling before the Nov. 6 election.

Obama leads in many of the nine battleground states that will decide the election, and all but two of those states have early voting, meaning more people are already locking in their votes every day.

Neither candidate had public events Tuesday as they studied for a debate that will focus largely on the economy and other domestic issues.

Romney contends his top issue is strengthening the U.S. economy and creating jobs, issues that are most important among voters. But the former Massachusetts governor is also attacking Obama on foreign policy after Muslim anger over an amateur anti-Islam film made in the U.S. sparked violent attacks on U.S. diplomatic missions.

Though Romney's campaign once talked about nothing but the still-weak economy, the multimillionaire businessman recently has turned to other subjects, including wealth distribution, as he has looked for any chance to gain ground.

Obama's top advisers are focused on helping the president trim his often-lengthy explanations. Equally important is coaching Obama to look calm and presidential during an expected onslaught of criticism from Romney.

THE ASSOCIATED PRESS

Secretly taped video

"Sometimes the point doesn't get made the right way."

Rep. Paul Ryan, Mitt Romney's running mate when asked about the video released last month of Romney telling donors that he would never persuade the 47 per cent of Americans who support Obama to "take responsibility" for their lives.

Churches launch 'souls to polls' to rally voters

It's not just the collection plate that's getting passed around at hundreds of mainly African-American and Latino churches in U.S. battleground states ahead of the November presidential election.

Church leaders are distributing voter registration cards in the middle of services, and many are pledging caravans of "souls to the polls" to deliver the vote in a close race between President Barack Obama, the country's first black president, and Republican challenger Mitt Romney.

Activists worry that new election rules in some states, from tougher photo-identification requirements to fewer days of early voting, are unfairly targeting minority voters — specifically African-Americans who tend to vote heavily for Democrats.

"It has ignited a sense of urgency and collective power that we can take by engaging in the process," said the Rev. Dawn Riley Duval at the Shorter Community A.M.E. Church in Denver. Colorado is one of the nine key states that doesn't reliably vote Democrat or Republican and will determine the election.

Minority vote

- In 2008, Obama won 95 per cent of black voters and is likely to get an overwhelming majority again. He also won among Latinos, a rapidly growing constituency that also tilts heavily toward the Democrat in polls this year.
- In many states with early voting, the Sunday before Election Day in 2008 was a church-based political event in which minority congregations went en masse to polling places. In Florida, 33.2 per cent of all African-American voters and 23.6 per cent of Latino voters cast ballots.

In the biggest of the battleground states like Florida and Ohio, proponents of the new election rules deny they are aimed at suppressing the minority vote in hopes of helping Republicans win more races. Reasons for the rules vary between fighting fraud and purging ineligible voters.

But to some African-American leaders like the Rev. F.E. Perry, a bishop in Ohio's Church of God in Christ, it's as if the 1960s barriers to voting for many blacks, especially in southern states, have returned all over again.

"We've come too far to sit idly by and watch that happen," Perry said. "We want to get souls to the polls. Whatever it takes to get them there, that's what we're going to do."

In a close race, a state such as Florida — where a mere 537 votes decided the 2000 contest between Republican George W. Bush and Democrat Al Gore — could prove decisive.

THE ASSOCIATED PRESS

Pennsylvania

Judge halts new voter-ID rule

One of the toughest of a new wave of U.S. state laws was put on hold Tuesday as a judge postponed Pennsylvania's controversial requirement that each voter must show a valid photo ID.

Pollsters have said the requirement could mean fewer people, especially the poor and minorities, end up voting.

THE ASSOCIATED PRESS

Illegal immigrants

Romney won't revoke visas

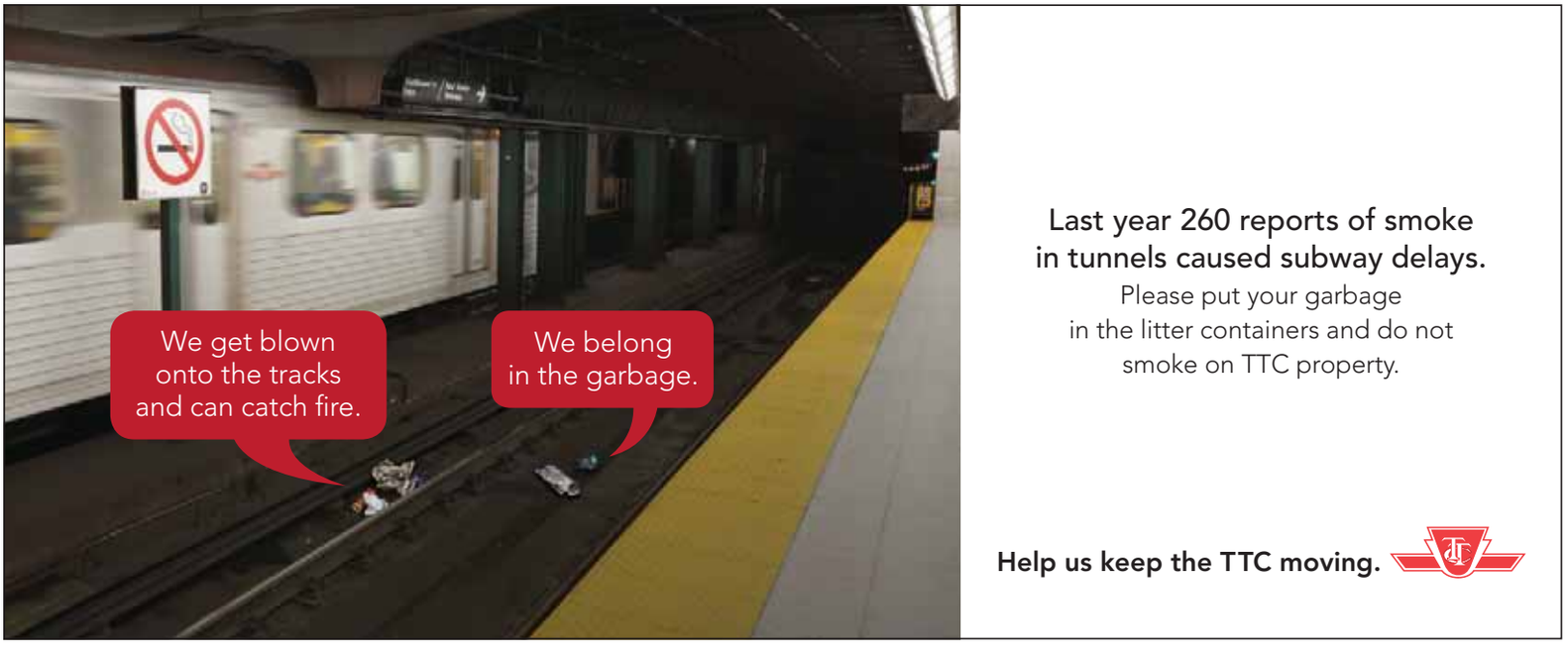
Republican presidential candidate Mitt Romney says he would honour temporary work permits for young illegal immigrants brought to the U.S. as children who were allowed to stay because of a decision by the Obama administration in June. He said those two-year visas wouldn't be revoked under a Romney administration. THE ASSOCIATED PRESS

Textbooks in U.S.

Education chief backs ebooks

The U.S. education secretary is calling for printed textbooks to become obsolete within the next few years. Arne Duncan says the U.S. is falling behind other nations that are aggressively moving from print to digital for educational materials. He says only a small number of school districts are moving in that direction.

THE ASSOCIATED PRESS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Police arrest 'Internet Black Widow'

Attempted murder charge. Cape Breton woman arrested after her husband suddenly became ill; previous charges include theft and manslaughter

Police in Cape Breton have charged a 77-year-old woman infamously known as the "Internet Black Widow" with attempted murder after her husband suddenly became ill.

Melissa Ann Weeks of New Glasgow, N.S., is also charged with administering a noxious thing.

Investigators say the accused's 75-year-old husband was taken to hospital in Sydney, N.S., on the weekend after falling ill at an inn.

They arrested a woman following an investigation into the health of the New Glasgow man who police say has since been treated and released. Weeks is due in Sydney provincial court later Wednesday.

Weeks was sentenced in 2005 to five years in prison on seven counts of theft from a man in Florida she had met online.

Investigators in that case said she stole about $20,000 US from Alexander Strategos.

In 2001, she was convicted of manslaughter in the death of her husband, Gordon Stewart, who she had drugged and run over twice with a car in 1991 outside Halifax.

She served two years of a six-year sentence for that crime. THE CANADIAN PRESS

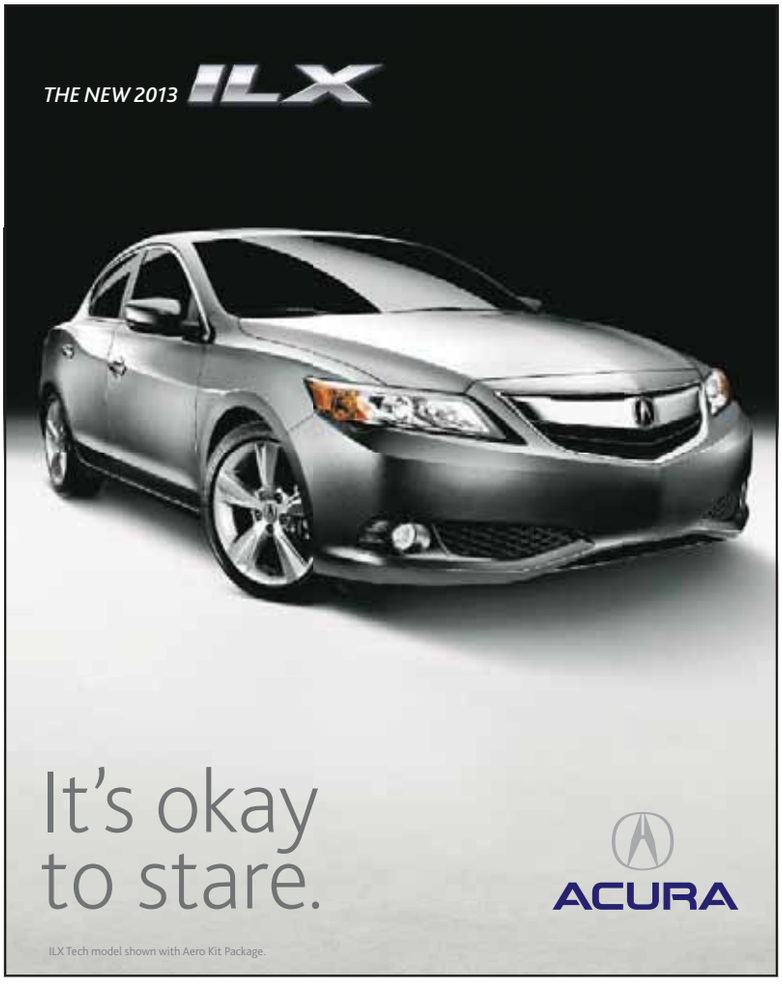
The incident

- Cheryl Chambers, the operator of an inn in North Sydney, said a couple named Fred and Millie Weeks checked in early Friday morning.
- Chambers said on Saturday morning, Millie came downstairs alone and said her husband wasn't well. She said paramedics later arrived and took her husband to a hospital.

Melissa Ann Weeks leaves a Cape Breton regional police vehicle escorted by Const. Erin Donovan for a court appearance at the Sydney Justice Centre in Nova Scotia Tuesday. VAUGHAN MERCHANT/THE CANADIAN PRESS

Rallying for peace

An Indian man and children dressed as Mahatma Gandhi wait for the start of a rally against violence to mark the anniversary of Gandhi's birth in Ahmadabad, India, Tuesday. AJIT SOLANKI/THE ASSOCIATED PRESS



Gay teens

Group files suit to block law that bans conversion therapy

A Christian legal group has filed a lawsuit to overturn a first-of-its-kind California law that prohibits licensed mental-health professionals from practising therapies aimed at making gay and lesbian teenagers straight.

The Sacramento Pacific Legal Institute is challenging the law signed Saturday by Gov. Jerry Brown. The lawsuit was filed late Monday in U.S. District Court. THE ASSOCIATED PRESS

Strauss-Kahn case

Alleged rape probe involving former IMF chief dropped

A prosecutor in France says officials have dropped a preliminary investigation into allegations of rape in a Washington, D.C., hotel by former International Monetary Fund chief Dominique Strauss-Kahn.

State prosecutor Frederic Fevre said Tuesday that the supposed victim, an escort girl, went back on her original account and now says no rape was involved. THE ASSOCIATED PRESS

Mall collapse

Families of Elliot Lake victims claim negligence in lawsuits

Relatives of two women killed when a rooftop garage collapsed in Elliot Lake, Ont., in June are alleging the provincial government and mall owner were negligent in lawsuits that claim complaints about the structure were ignored.

The parallel suits, which also name the city and engineers who said the Algo Centre Mall was safe, seek several million dollars in damages for relatives of Doloris Perizzolo and Lucie Aylwin. THE CANADIAN PRESS

Pope's butler says he's innocent of theft

Pope Benedict XVI's one-time butler declared Tuesday he was innocent of a charge of aggravated theft of the Pope's private correspondence, but acknowledged he photocopied the papers and said he feels guilty that he betrayed the trust of the pontiff he loves like a father.

Paolo Gabriele took the stand Tuesday in a Vatican courtroom to defend himself against accusations of his role in one of the most damaging scandals of Benedict's pontificate.

Prosecutors say Gabriele stole the Pope's letters and documents alleging power struggles and corruption inside the Vatican and leaked them to a journalist in an unprecedented papal security breach.

Gabriele faces four years in prison if he is found guilty, although most Vatican watchers expect he will receive a papal pardon if he is convicted.

During Tuesday's hearing, Gabriele's attorney complained that her client spent his first 20 days in Vatican detention in a room so small he couldn't stretch his arms out and with lights kept on 24 hours a day.

Vatican police swiftly defended their treatment of Gabriele, but the Vatican prosecutor opened an investigation regardless.

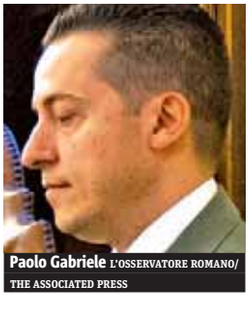
Quoted

"I declare myself innocent concerning the charge of aggravated theft. I feel guilty of having betrayed the trust of the Holy Father, whom I love as a son would."

Paolo Gabriele, on the charge of stealing Pope Benedict XVI's private letters

Prosecutors have said Gabriele, 46, has confessed to leaking copies of the documents to Italian journalist Gianluigi Nuzzi, because he wanted to expose the "evil and corruption" in the church.

They quoted him as saying in a June 5 interrogation that even though he knew taking the documents was wrong, he felt inspired by the Holy Spirit "to bring the church back on the right track." THE ASSOCIATED PRESS



Paolo Gabriele L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

Police arrest 7 crew members after Hong Kong boat crash

Relatives of the victims throw paper money, Tuesday, as they pay tribute to the ill-fated people aboard a boat that sank Monday night near Lamma Island, off the coast of Hong Kong Island, killing at least 38 people. VINCENT YU/THE ASSOCIATED PRESS

Mourning. Dozens of relatives travelled by boat to pray alongside Taoist priests and toss spirit money into the wind

Police on Tuesday arrested seven crew members from two boats that collided in Hong Kong waters, killing 38 holiday revellers, but offered no theory about how the vessels ran into each other on a clear night in one of the safest and most regulated waterways in Asia.

The Monday night crash was Hong Kong's deadliest accident in more than 15 years, and its worst maritime accident in more than 40. Some relatives of the dead went to the scene off Hong Kong Island's southwestern coast to participate in traditional Chinese mourning rituals on Tuesday, while others waited at the morgue for news about loved ones.

Police Commissioner Tsang Wai-hung said six people were detained on suspicion of endangering passengers by operating their craft in an unsafe way. Police later announced a seventh arrest. Tsang said both crews are suspected of having not "exercised the care required of them by law," but he did not elaborate.

The ferry collided with the Lamma IV, which is owned by the Hong Kong Electric Co. utility and was taking more than 100 employees and their families to famed Victoria Harbour to watch a fireworks display in celebration of China's National Day and mid-autumn festival.

The government said 101 people were sent to hospitals, 66 were discharged, and four had serious injuries or were in critical condition.

The ferry was damaged but completed its journey, and some of its passengers were treated for injuries. Local TV later showed its bow chewed up and chunks missing.

Hong Kong and Kowloon (Ferry) Holdings Ltd., the ferry operator, did not return calls seeking comment.

The government said 28 bodies were recovered overnight, and eight more people were declared dead at hospitals. Two bodies found aboard the vessel Tuesday raised the death toll to 38, according to government statements. At least four of those killed were children.

Salvage crews raised the half-submerged Lamma IV using three crane barges.

Victor Li, deputy head of the company that owns Power Assets, said the company would provide emergency payments of 200,000 Hong Kong dollars ($25,380) to the family of each person killed.

THE ASSOCIATED PRESS

Context

- Large-scale accidents are rare for Hong Kong, which has one of Asia's most advanced infrastructures and first-rate public services.
- The tragedy will test Hong Kong's new Beijing-installed administration.

Security request in Libya denied: U.S. committee

U.S. diplomats in Libya made repeated requests for increased security for the consulate in Benghazi before it was attacked last month, but they were turned down by officials in Washington, leaders of a Congressional committee said Tuesday.

In a letter to Secretary of State Hillary Rodham Clinton, Reps. Darrell Issa and Jason Chaffetz said their information came from "individuals with direct knowledge of events in Libya."

The two Republicans said the Sept. 11 attack that killed Ambassador Chris Stevens and three other Americans was the latest in a long line of attacks on Western diplomats and officials in Libya in recent months.

Stevens was the first sitting U.S. ambassador to be killed in more than 30 years.

The lawmakers asked Clinton whether the State Department was aware of the previous incidents, whether the level of security that was provided to the U.S. mission met the security threat and how the department responded to requests for more security. The lawmakers plan a hearing of their House Oversight and Government Reform Committee on Oct. 10.

The attack came amid protests across the Muslim world over an amateur anti-Islam video produced in the U.S.

The State Department has declined to answer questions about whether extra security was sought by officials in Benghazi ahead of the Sept. 11 attack. THE ASSOCIATED PRESS

Prior to Sept. 11

The lawmakers' letter listed a dozen incidents they said were indications of deteriorating security.

- Weeks before the attacks, the Libyan guards at the consulate were warned by family members to quit their jobs because there were rumours of an impending attack.

Security forces stand guard as people turn in weapons in Benghazi, Libya, on Sunday in response to a call from the military. IBRAHIM ALAGURI/THE ASSOCIATED PRESS

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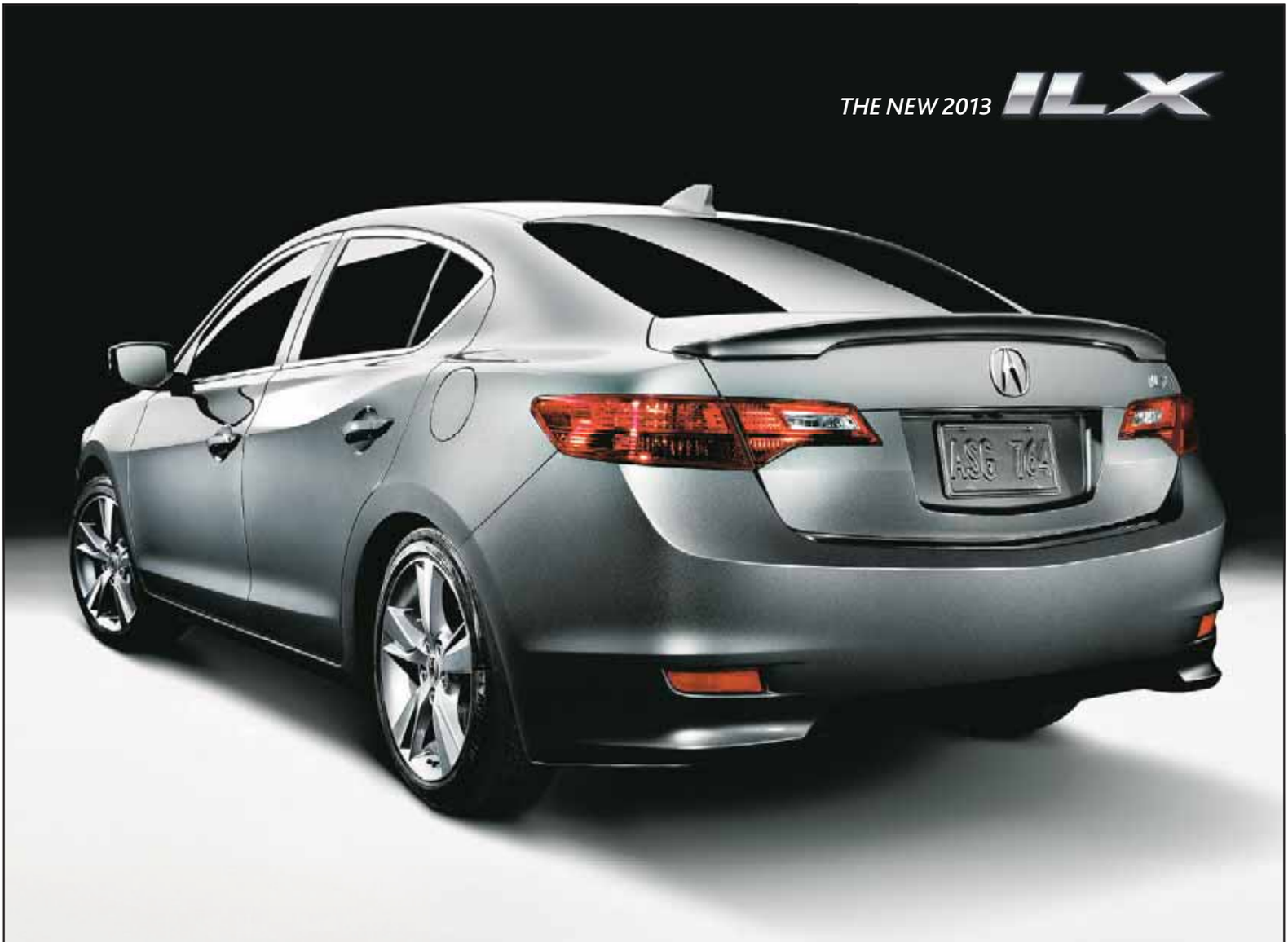

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A kiss to build a dream on? Justin Trudeau and wife Sophie Grégoire after he announced he's running for the leadership of the federal Liberal party. PAUL CHIASSON/THE CANADIAN PRESS

He's their man: A Montreal crowd welcomes Justin and Sophie Tuesday night. PAUL CHIASSON/THE CANADIAN PRESS

Steven Page reveals the barenaked bipolar facts

GRAHAM LANKTREE
Metro in Ottawa

Steven Page, former frontman of The Barenaked Ladies, shared his struggles with bipolar disorder and depression Tuesday.

He was helping to launch two new mental-health tools at Algonquin College in Ottawa.

"In 2007 when I was arrested for drug possession ... it was painful to pick up a national newspaper and see my mug shot," Page said.

Steven Page says having good friends is a key to coping. JAMIE SABAU/GETTY IMAGES

"I hadn't taken care of my inner struggles."

Page spoke at the launch of Starting the Conversation and iCopeU, two tools the college has created to help students and staff cope with mental-health issues.

iCopeU uses interactive games to teach students how to identify a panic attack and to reach out to friends they think may be suicidal.

Starting the Conversation is an online tool for staff to help identify students who may be suffering.

Being an artist makes it easier for him to talk about his struggles, Page said. "People in the business world can't come out and talk about it."

That 'secret' is out: Justin is running

A new Trudeau era?
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

Justin Trudeau is off and running.

He revealed the worst-kept secret in Canadian politics on Tuesday — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," the telegenic, raven-haired son of former prime minister Pierre Trudeau told a cheering Montreal crowd.

But the young Trudeau faces a double-edged challenge:

He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

The 40-year-old MP told a crowd peppered with Liberal luminaries that he has a vision for Canada's future "grounded not in the politics of envy or mistrust." That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people.

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and debt.

"What's the response from the NDP? To sow regional resentment and blame the successful.

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said. "The only thing they have in common is that they are both, equally, wrong."

He also reached out to Quebecers, promising them a party that "promotes and cherishes the francophone reality of this country."

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

THE CANADIAN PRESS

The man

Following in his dad's footsteps

Justin Trudeau has been in the public eye since he was born on Christmas Day, 1971.

As a child, he travelled the country and the world with his famous father, then prime minister.

He was a school teacher before jumping into politics in 2008.

He eschewed offers to run in Outremont riding — now held by NDP Leader Tom Mulcair — choosing instead to fight in Papineau, once a Bloc Québécois stronghold and among the poorest ridings in the country.

He defeated a star Bloquiste in 2008 and bucked the NDP tide that swept Quebec in 2011.

In Liberal circles, he is an undisputed rock star. He boasts more than 150,000 followers on Twitter.

He said he chose to make his leadership bid Tuesday because it would have been the 37th birthday of his brother Michel, a skier who was killed in an avalanche in 1998.

THE CANADIAN PRESS

Quoted

"I think Justin has a lot to offer the country."

Gerard Kennedy, who himself is still pondering whether he'll take a second run at becoming federal Liberal leader.

Women disappointed

Court's new man is a gender jolt

Justice Richard Wagner of the Quebec Court of Appeal was lauded Tuesday as a worthy addition to the Supreme Court of Canada, with one reservation in some quarters — he's not a woman.

Wagner's appointment Tuesday reduced to three the number of women on the nine-member court.

NDP justice critic Francoise Boivin was disappointed a woman was not tapped. And Queen's University law professor Kathleen Lahey said: "This is the 21st century."

THE CANADIAN PRESS

Meter misery. No breaks for drivers ... and no brakes on parking costs

Gas prices aren't the only thing putting a squeeze on drivers' finances.

A new survey suggests Canadian drivers are pumping more cash into parking meters this year as parking rates continue to climb in major cities.

The Colliers International annual parking survey says the average median rate for a monthly unreserved spot is now $241.72 per month, up from $235.33 in 2011.

Calgary is Canada's most expensive city to park in for the second year in a row, with the average parking rate rising two per cent to $456.75.

That rate is second in North America only to parking in New York City.

Montreal, Toronto and Edmonton are also in the top 10 most expensive cities for parking in North America.

THE CANADIAN PRESS

By the numbers

2.7%

How much the average median rate for a monthly unreserved parking spot grew over the past year.

Hormonal Breakouts?
Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. EstroSense also provides Tumeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

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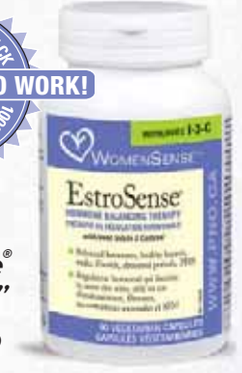

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Farmer eaten by his hogs

Mysterious death. Only dentures and body pieces found as authorities investigate several possible scenarios

This June photo shows hogs at a farm in Buckhart, Ill. An Oregon farmer was eaten by his swine, investigators say. M. SPENCER GREEN/THE ASSOCIATED PRESS FILE

Authorities are investigating how a U.S. farmer was eaten by his hogs.

Terry Vance Garner, 69, never returned after he set out to feed his animals last Wednesday on his Oregon farm, the Coos County district attorney said Monday.

A family member found Garner's dentures and pieces of his body in the hog enclosure several hours later, but most of his remains had been consumed, District Attorney Paul Frasier said. Several of the hogs weighed 700 pounds or more.

It's possible Garner had a medical emergency, such as a heart attack, or was knocked over by the animals, then killed and eaten, Frasier said, adding that at least one hog had previously bitten Garner.

The possibility of foul play is being investigated as well.

"For all we know, it was a horrific accident, but it's so doggone weird that we have to look at all possibilities," Frasier told The Register-Guard newspaper.

A pathologist was unable to identify a cause or manner of death, the newspaper reported. The remains will be examined by a forensic anthropologist at the University of Oregon.

Terry Garner was "a good-hearted guy" who cared for several huge adult sows and a boar named Teddy, said his brother, Michael Garner, 75, of Myrtle Point.

"Those animals were his life," Michael Garner said. "He had all kinds of birds, and turkeys that ran all over the place. Everybody knew him."

Domestic hogs are not typically known to be as aggressive as their feral cousins, but "there is some degree of danger associated with any animal," John Killefer, who heads the Animal and Rangeland Sciences Department at Oregon State University in Corvallis, told the newspaper.

THE ASSOCIATED PRESS

Dog days

Dog survives ride in sweltering heat

A dog has survived a 177-kilometre ride on the hot engine of a truck during a California heat wave. When Jaime Magalna, 52, noticed fur above his left front tire, he opened the hood to find a 25-pound dog atop the engine. The hunt is on for the dog's owner.

THE ASSOCIATED PRESS

Frostbitten

Veteran seeks $10M after penis amputation

A U.S. army veteran is seeking $10 million from the federal government, saying a nurse repeatedly put ice packs on his penis after surgery, causing frostbite and gangrene, and ultimately leading to the organ's partial amputation.

Michael D. Nash sued the federal government in U.S. District Court in Kentucky on Tuesday for what he calls medical malpractice.

THE ASSOCIATED PRESS

Dog trapped under a car for 17 km survives ruff ride

Animal-welfare authorities say a dog survived a 17-kilometre ride — at speeds of up to 80 km/h — after it was hit by a car and became wedged under its front grill. East Providence Animal Control supervisor William Muggle says the dog ran in front of the car in Massachusetts on Sept. 20. The driver slammed on the brakes, but didn't see the dog and continued driving. Muggle tells the Taunton Daily Gazette newspaper that another motorist finally pointed out the dog.

EAST PROVIDENCE ANIMAL CONTROL CENTER/THE ASSOCIATED PRESS

Water bombers called in to soak wildfires

State of emergency. Ontario crews sent to battle blaze in small Manitoba town

BERNICE PONTANILLA
Metro in Winnipeg

The Manitoba government called in water bombers from Ontario Tuesday to deal with a series of wildfires whipped up by severe winds in the southeast portion of the province.

The tiny town of Vita, Man., about 110 km. southeast of Winnipeg, was under a state of emergency and an evacuation order after a fire suddenly appeared. Three homes and a bridge have burned and there were two reported injuries.

The province restricted travel in southeast Manitoba as more and more wildfires were reported. In total, about seven communities were affected.

Three water bombers were sent to battle the fires in Vita and near another town, Richer, as well as two more water bombers from Ontario.

Meanwhile, in the western Winnipeg suburb of Charleswood, a stubborn grass fire forced the evacuation of people and livestock, and tested the resources of the Winnipeg Fire Paramedic Service.

"We don't have enough manpower for relief, so it's been the same crew since eight o'clock this morning," said platoon chief Albert Sigfusson. "We've had to commandeer private equipment ... the wind is still high and the threat to homes was extremely high this morning so we've had up to 18 trucks at a time fighting the fire."

Homeowners in the area spent the afternoon spraying water on their roofs, surrounding trees and lawns, and getting ready to leave if needed.

No injuries were reported.

Firefighters on the scene of the blaze, Tuesday. TYLER PEACOCK/METRO

Honduras

Politicians offer lifelines in dire circumstances

In some countries political campaigns give out bumper stickers and yard signs. In Honduras, one of Latin America's poorest countries and possibly its most dangerous, candidates dole out another type of political swag: Coffins for the destitute.

The murder rate has more than doubled over the last six years due largely to an explosion in drug trafficking to the United States and a proliferation of violent gangs, many of which originated in U.S. cities. The capital, Tegucigalpa, has grown so threatening that its streets empty after sunset, while its morgues fill up.

THE ASSOCIATED PRESS

Vandalism

Bacon left at mosque potential hate crime: RCMP

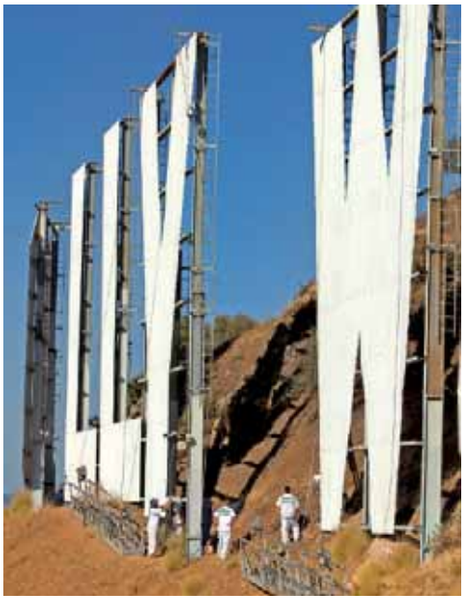
Mounties are investigating the possibility of a hate crime after several piles of bacon were found outside a mosque in Port Coquitlam, B.C.

Police say it's the second such act of vandalism and mischief at the Islamic Society of British Columbia mosque and Islamic Centre in the last 18 months.

Muslims consider pork a symbol of impurity.

Society president Saad Bahr said Tuesday it's clear the action was intended to offend, but his group would welcome the opportunity to speak to those responsible and have them learn about Muslim beliefs.

THE CANADIAN PRESS



Hollywood makeover

Painting crews set up on the base of the Hollywood sign in Los Angeles, Tuesday. The Hollywood sign, built in 1923, was an ad campaign for a suburban housing development called Hollywoodland. The sign has been painted twice since 1978 and is now in need of a complete overhaul, just in time to celebrate its 90th birthday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

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Tourist fined for trying to walk off cruise ship with door-sized painting

A U.S. tourist accused of stealing a painting the size of a door from a cruise ship docked in Bermuda has been fined.

Authorities said Tuesday that Kevin Hudgens of Kentucky was ordered to pay $500 US after he tried to leave the Norwegian Star with an official copy of a Rembrandt painting.

Defence attorney Oonagh Vaucrosson told the judge that Hudgens was on medication and that he thought he had won the painting in a raffle.

The incident occurred late last week.

THE ASSOCIATED PRESS

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Vancouver man pleads guilty to bestiality

No jail time. The 38-year-old man, who admitted having sex with two of his dogs, given probation

PHYLICIA TORREVILLAS
Metro in Vancouver

A Vancouver man has avoided jail time after pleading guilty Tuesday to a bestiality charge for having sex with his two dogs.

Brian Cutteridge, 38, was handed a suspended sentence and three years probation.

The former veterinary office worker is to provide a list of all animals he owns, to allow the B.C. SPCA to come to his home for monthly inspections, and to not own, possess or care for any female dogs.

Brian Cutteridge and one of his dogs. He pleaded guilty to a single charge of bestiality on Tuesday. FACEBOOK

The offence relates to multiple incidents of sexual activity involving two female dogs, a rottweiler and a golden retriever, from 1998 to 2005.

"We're definitely pleased that he pled guilty because he has been outspoken in his support of decriminalizing bestiality," said Marcie Moriarty, head of the B.C. SPCA's cruelty investigations department.

But Moriarty feels that the sentence is a "little light."

Cutteridge was arrested in July 2010 after the B.C. SPCA and RCMP searched his home where they found and seized video of Cutteridge engaging in sexual acts with two dogs that have since died from unrelated causes.

The investigation began in 2010 after authorities were tipped off by a veterinarian concerned about the physical condition of another dog he owned.

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Saskatchewan checks possible link between E. coli cases, beef recall

Lab tests pending.
New concerns come as dozens more products are added to list

Saskatchewan is reporting a spike in E. coli cases but is waiting for lab tests before linking them to the massive beef recall from an Alberta plant.

The Ministry of Health announced Tuesday that there were 13 reported cases of E. coli infection in the province last month. The usual number for September is between zero and four.

"Public health authorities are investigating these cases and conducting tests to determine whether they are linked to the recall," says a government release. "Laboratory results are expected within the next few days."

Alberta health officials on Tuesday confirmed two new cases, bringing the province's total to 10.

Five of these cases, including one of the new ones, have been linked to steaks that were processed at the XL Foods Inc. plant in southern Alberta and purchased at a Costco store in Edmonton.

Health officials were reminding consumers to cook beef thoroughly and to wash their hands when preparing food.

The warning comes after yet another recall of beef products from the plant in Brooks.

The Canadian Food Inspection Agency said in a health hazard alert released late Monday that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef.

In Ontario, the new additions include products sold by The Kitchen Table, Zehrs, Your Independent Grocer and Valu-Mart. The entire list can be found at inspection.gc.ca.

The CFIA is warning the public, distributors and food service establishments not to consume, sell or serve any of the beef products on the list because they may be contaminated with E. coli.

THE CANADIAN PRESS

Market Minute

DOLLAR
101.60¢ (-0.16¢)

TSX
12,391.23 (+21.04)

OIL
$91.89 US (-$0.59)

GOLD
$1,775.60 US (-$7.70)

Natural gas: $3.52 (+0.04¢)
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Young entrepreneurs win big on Dragon's Den

Kalen Emsley, left, and David Luba founded Ten Tree Apparel less than a year ago and today the environmentally conscious clothing brand can be found across Canada and in some U.S stores. Ten Tree will appear on Dragons' Den Wednesday night. JEFF MACKEY/METRO IN REGINA

Ten Tree Apparel.

Saskatchewan duo will sell 20% of their firm for $100,000

JEFF MACKEY
Metro in Regina

Saskatchewan's Ten Tree Apparel has been expanding rapidly into clothing stores across Canada and in the U.S., but Wednesday the fledgling company will get its biggest boost yet — mainstream, national exposure on Dragons' Den.

"We are going to sell 20 per cent of the company for $100,000," said David Luba, 23, a founder of Ten Tree. "We have a very simple business model so we prepared around that and executed with precision and things turned out pretty well."

Dragons' Den is a CBC show that offers entrepreneurs a chance to attract investment from business savvy hosts. Ten Tree's episode was filmed in April and founders Luba and Kalen Emsley, also 23, had to keep the results a secret until now.

Quoted

"In total we have planted about 105,000 trees and we hope to get to a million some day."
David Luba, co-founder, Ten Tree Apparel

"It's been hard not telling people, but it also sort of added to the anticipation," said Emsley. "I'm excited and nervous, I've seen how they cut it up to make people look dumb so we are taking bets to see who it'll be."

The clothing company, which plants 10 trees for every piece of clothing sold, was founded nearly a year ago in Regina and their brand can already be found in clothing stores from coast to coast.

"We have moved into 90 stores now and we want to keep pushing that," said Luba. "In total we have planted about 105,000 trees and we hope to get to a million some day."

Patent dispute

Samsung includes iPhone 5 in legal fight with Apple

South Korea's Samsung Electronics Co. says it has filed a motion with a U.S. court to add Apple's iPhone 5 to their ongoing patent battle.

Samsung says it filed the motion Monday with the California court, alleging that Apple's new phone infringes on eight of its patents. The two companies are locked in a struggle for supremacy in the global smartphone market, leading to legal cases in courts across the globe.

THE ASSOCIATED PRESS

Calgary

B.C. premier turns up heat on pipeline

B.C. Premier Christy Clark continues to sound off about oil pipelines in Calgary — the headquarters of Canada's energy industry. Speaking on a radio show, Clark said she will not be a cheerleader for the proposed Northern Gateway oilsands pipeline because her province won't really benefit from it.

THE CANADIAN PRESS

Sacrificing for the Land Transfer Tax is wrong.
On average, Toronto home buyers have to pay about $15,000 in City Hall and provincial Land Transfer Taxes, upfront, every time they move.
For many people, that's not easy. It can mean stretching their budget thin with higher mortgage costs, or putting off needed spending like home repairs, renovations, appliances and furniture. That's not right.
City Hall should be making it easier to live in Toronto, not more difficult.
There are better options. Let's get this right, Toronto
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for quick ways to make your voice heard and to learn how this tax can be eliminated responsibly.
LET'S GET THIS RIGHT TORONTO

Nortel trial.

Accounting practices were not dishonest, court hears

Lawyers for three former high-ranking Nortel executives argued Tuesday that improper accounting practices at the former technology giant were made in error, not intentional manipulations as the Crown suggests.

David Porter, who represents Nortel's ex-CEO Frank Dunn, told a Toronto court there were no "dishonest acts" by his client or the other two accused, ex-CFO Douglas Beatty and ex-controller Michael Gollogly.

All three men face two counts each of fraud for allegedly falsifying the company's financial statements in 2002 and 2003 to trigger millions of dollars in bonuses for themselves.

Porter told the long-running fraud trial that the accounting decisions at Nortel during the time in question were done honestly and made with the information available at the time.

He argued that the accused were "transparent" and Dunn repeatedly told the accountants that "integrity was the underpinning of everything we do."

THE CANADIAN PRESS

BlackBerry sinks to No. 93 in global brand ranking

The BlackBerry brand that once dominated the smartphone landscape has plummeted nearly to the bottom of the latest ranking of global brands by an international consultancy.

Interbrand said Tuesday that Research In Motion's BlackBerry is now 93rd on its list of 100 most valuable global brands, down from 56th in 2011. It put the brand's value at $3.9 billion, down 39 per cent from a year ago.

The top three spots on Interbrand's Best Global Brands report for 2012 are held by Coca-Cola, valued at almost $78 billion; Apple at more than $76 billion, and IBM at more than $75 billion.

Both Coca-Cola and IBM were unchanged from the positions they held in 2011, while Apple jumped to No. 2 from No. 8 "thanks to stellar sales in both developed and emerging markets," Interbrand said in a release.

The big drop for BlackBerry, the brand name for products produced by Waterloo,Ont.-based RIM, followed a drop last year to the 56th spot from 54 in 2010. BlackBerry placed 63rd in 2009. THE CANADIAN PRESS

Methodology

- The rankings look at a brand's financial performance; the role the brand plays in influencing consumer choice; and the brand's ability to command a premium price.

Facebook redesigns help centre

This image provided by Facebook shows the social media network's revamped help centre, which is designed to be easier to navigate. Though it's only fully accessible on Facebook's website, the new help centre is intended to look and feel more like a mobile app, says Terry Guo, product manager at the Menlo Park, Calif.-based company.

FACEBOOK/THE ASSOCIATED PRESS

Helping kids be healthy inside and out

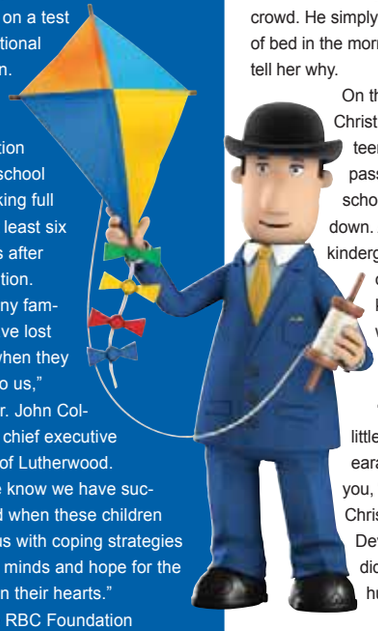
Steps to success

Lutherwood offers specialized children's mental health programs tailored to the needs of each individual — like STEPS, a day treatment program that combines education and treatment under one roof.

At STEPS, young people ages 12 to 16 learn coping strategies they can take away and use forever — in one semester. Each student has a primary counsellor, plus an extensive support team that ranges from a psychologist to music and recreation therapists.

The intimate classroom includes both a special education teacher and a youth counsellor for the eight students. And it's OK to sit on the floor or even step out for a mind-clearing walk if that helps a student manage stress. Many students want to stay for a second semester, but the whole idea behind STEPS is applying new tools in the world outside.

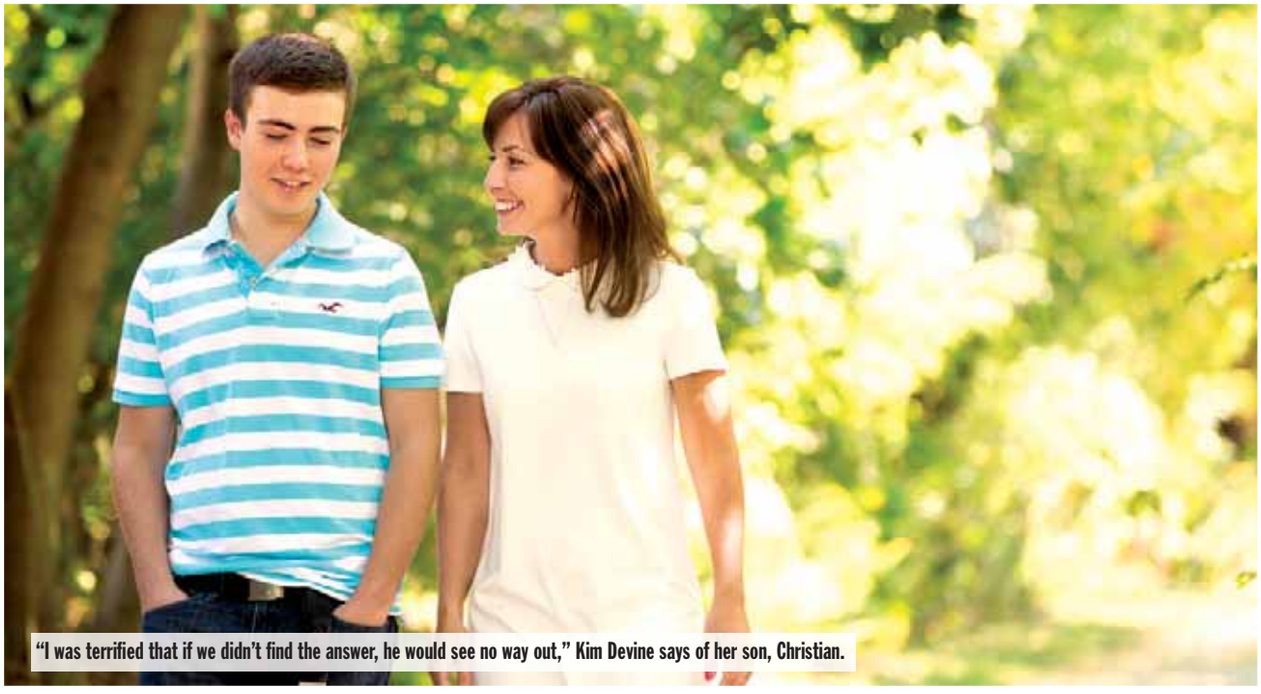
Launched 10 years ago by Lutherwood, STEPS is a proven success. Close to 90 per cent of graduates leave the program with improved scores on a test of emotional function. An equal proportion are in school or working full time at least six months after graduation.



"Many families have lost hope when they come to us," says Dr. John Colangeli, chief executive officer of Lutherwood.

"We know we have succeeded when these children leave us with coping strategies in their minds and hope for the future in their hearts."

The RBC Foundation has funded Lutherwood, home of STEPS and other programs for youth, as part of the RBC Children's Mental Health Project since 1995.



"I was terrified that if we didn't find the answer, he would see no way out," Kim Devine says of her son, Christian.

How one teen found hope

By Rona Maynard

Kim Devine had never felt so helpless. At 14, her son Christian refused to go to school. He wasn't cutting his Grade 9 classes to hang out with the wrong crowd. He simply stopped getting out of bed in the morning. And he couldn't tell her why.

On the face of things, Christian was the ideal teen: kind, polite, compassionate. But mention school and he would shut down. As far back as junior kindergarten, he had been one of those sensitive kids whom classmates would tease and hit because he wouldn't fight back.

"When kids are little and they have an earache, they can tell you, 'My ear hurts,'" says Christian's mother, Kim Devine. This time she didn't know what was hurting.

As meeting after meeting at the school accomplished nothing, Kim watched sadness overtake her son. She worried about suicide, second only to car accidents as a cause of death in young people[1]. She would read about quietly miserable kids who take their lives — kids who sounded a lot like her son. "I was terrified that if we didn't find the answer, he would see no way out," she recalls.

Kim and Christian's father, Peter Devine, took their child to the family doctor, two psychiatrists and a year of family counselling, but Christian's spirits didn't lift.

He told them, "I'll do whatever it takes. I just want to get better."

They were hoping he would feel safer in a private school until they heard about STEPS, a free day program offered by Lutherwood in Waterloo, Ont.

Designed for kids like Christian who bottle up their problems, STEPS combines education and treatment in a class of eight students aged 12 to 16. Christian enrolled last winter and graduated in June with a near-perfect attendance record. Here is what the program gave him:

• A DIAGNOSIS: Christian's first full psychiatric assessment showed that he was suffering from anxiety and low-level depression, two of the most common mental illnesses in children[2]. He now takes anti-depressants. Medication doesn't "make me the happiest person on Earth, but it helps me sit back and think before I act," he says.

• SELF-AWARENESS: Christian learned strategies for managing his emotions before they overwhelm him. A talented pianist, he discovered that music relaxes him. Woodworking class revealed another gift that he plans to apply in a trade.

• A CHANCE TO SHINE: At STEPS, Christian met kids more anxious than himself. With his thoughtfulness and charm, he assumed a leadership role. When a classmate was afraid to enter the building, a therapist chose Christian to reassure the student.

• CONFIDENCE: At his June graduation from STEPS, Christian played a favourite song of his godfather's, learning the song in one night.

• HOPE: With the support of a STEPS transition worker, Christian has returned to a regular high school. Now 16, he is looking forward to college. "I know it's not going to be easy," he says, "but I know I'm going to try because I see a future for myself."

Rona Maynard is an author, speaker, mental health advocate and former editor of Chatelaine.

RBC® supports kids like Christian

Since 2008, the RBC® Children's Mental Health Project has donated more than $12 million to more than 200 organizations across Canada. You can help us help children. Visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health.

For every completed quiz, we will give $2 to Kids Help Phone[3], a free, confidential counselling service for youth nationwide.

[3] To a maximum donation of $50,000.

RBC Children's Mental Health Project

This is a special feature brought to you by the RBC® Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

[1] Statistics Canada [2] Children's Health Policy Centre, Faculty of Health Sciences, Simon Fraser University: firstcallbc.org/pdfs/Communities/4-alliance.pdf. *(R)/TM Trademark(s) of Royal Bank of Canada*

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Fish-tracking website looks to expand beyond Canada

Sustainability. Tracing service lets consumers find out who caught their dinner and how

An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace the fish they buy back to the people who caught them is preparing for a larger, global presence.
JONATHAN HAYWARD/THE CANADIAN PRESS

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed on both coasts, she says.

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer. Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish. THE CANADIAN PRESS

Quoted

"There's more and more requirements by consumers to know exactly where their fish comes from ... They really want to know what kind of fishery it is."

Dan Edwards, a commercial fisherman from Ucluelet, B.C., who has been involved in the Thisfish program since 2007

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HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?

JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

"... I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons."

Instead of alternating male names with female names, TWC will name winter storms after mythological figures, starting with Athena, Brutus and Caesar. Too bad it's alphabetical, because if Brutus could follow Caesar, weather nerds could amuse themselves by arching their eyebrows and declaring "Et tu, Brute" ad nauseam. (Excuse the Latin blizzard).

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather nerd market, everyone else will have to follow TWC's lead, which is annoying competitor Accuweather. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoop Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth) which means we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minnesota. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, where in parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.

Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?

KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal rights group Born Free USA, told Metro.

"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger."

METRO

Jeff Harwell with Akasha.
CONTRIBUTED

Metropolitan Panel

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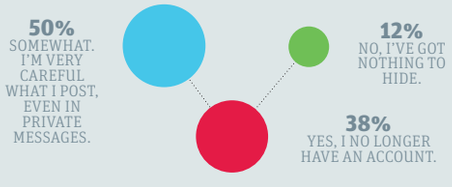
50%
SOMEWHAT. I'M VERY CAREFUL WHAT I POST, EVEN IN PRIVATE MESSAGES.
12%
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38%
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Twitter

@cityslikr:
Here's the thing. Next time you or anyone in mayor's corner brags about stopping the gravy train, I'll laugh and laugh and laugh. #TOpoli

@MurkJenkins:
"Buzzword buzzword buzzword schmooze. Pause. Buzzword buzzword. Smile, cliche." - Justin Trudeau. #CDNpoli

@gary_vee:
So when is Justin #Trudeau boxing Stephen Harper in the ring? #Cdnpoli

@xAccioLovex:
I had trouble taking Bill Nighy seriously as the minister of magic. I just kept picturing him naked singing "Christmas is all around us."

@DanPaulOwen:
Having a difficult time expressing how sad the #savejarvis vote makes me. This is such a profoundly stupid decision–I can't even. #topoli

metro

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Thank you sir.
Thank you for all you've done.
Facing my debt and my creditors was intimidating,
but you made it easy. Too easy actually.
I gave you what money I had,
hoping to make all these stressful calls stop. But they didn't stop,
and did you know I'm being sued now?
Is that part of your easy process?
So thank you, I've learned a lot from this.
Most of all, I've learned not all debt solutions are created equal.

Oh by the way, I've called BDO."

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BDO

Liam Neeson gets big bucks these days with roles like in Taken 2. But prior to killing bad guys, Neeson showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do, "what I do best," which, apparently, is wallop bad guys, grimace and leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?,'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977s Pilgrim's Progress, was so low budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

SCENE2

On the web

Qrikel

Norah O'Donnell tries to make the most of her mornings on CBS

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Beasts of the Southern Wild deemed unfit for SAG awards

Quvenzhane Wallis portrays Hushpuppy in Beasts of the Southern Wild.
JESS PINKHAM/THE ASSOCIATED PRESS

Indie film. Sundance winner ineligible after SAG rules they did not meet their financial standards

The independent-film hit Beasts of the Southern Wild will be ineligible for the Screen Actors Guild Awards because it was not made under provisions of the union's contracts, guild officials said Monday.

The producers have until Oct. 25 to bring the film into guild compliance to become eligible for the awards, though that likely would mean paying the actors more money.

A spokesman for Fox Searchlight, which released the film domestically, said the company would not try to bring Beasts in line with SAG contract rules to qualify for the awards.

"We're baffled at the fact that the producers of Beasts of the Southern Wild failed to sign a SAG agreement as every other important film released this year did," said guild spokeswoman Pamela Greenwalt in a statement. "We would love for the performers in this film to compete for a SAG Award. Celebrating such performances is what we're all about."

Director Benh Zeitlin cast locals in his film set in rural Louisiana, including his two stars, first-time actors Quvenzhane Wallis as a six-year-old wild child, and Dwight Henry as her father.

Beasts won top honours at the Sundance Film Festival, so sitting out the Jan. 27 SAG Awards will not necessarily hurt its Academy Awards prospects.

THE ASSOCIATED PRESS

Quote

"We would love for the performers in this film to compete for a SAG Award."

Pamela Greenwalt, guild spokeswoman

Sceneopolis

Celebrating individuality

While Cirque du Soleil's most recent Toronto big-top shows (Quidam and Totem) have been best remembered for their group performance, the current Cirque extravaganza Amaluna is different in the fact that it is a celebration of the individual performer.

But not just any performer; Amaluna, directed by Diane Paulus, and featuring a cast that is 70 per cent female, celebrates the female form and performance more so than anything else.

Loosely based on Shakespeare's The Tempest, Amaluna is the tale of Miranda, the daughter of an island goddess Prospera, and her coming of age, as well as her subsequent love affair with a Romeo.

As with any star-crossed tale Miranda and Romeo must move beyond setbacks and hardships before they can finally be together.

As the two protagonists of Amuluna, Miranda and Romeo perform some of the most dramatic and breath-taking choreography. However, it is both of their solo sequences that make Amaluna such a delight. Early in the first act, the audience is mesmerized as Miranda contorts her body into several gymnast-like pretzel poses while Romeo looks on with similar wonder.

As a counter to Miranda's femininity Romeo's brute strength is displayed as he uses simply his arms to climb up a pole in hot pursuit of his lover.

But Amaluna's show-stopping number is a minimalist performance in the second act where Lara Jacobs Rigolo transforms 13 unique palm tree branches into an interwoven and cohesive re-interpretation of a tree simply by using her feet to control the movement. With just one performer on stage this performance is breathtaking.

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Classic rock sensibility

Say I wanna know. Though young, Nick Waterhouse's style hails back to the '50s, and his songs hit the right chords today

AMBER RAY
Metro World News in New York

Rhythm and blues throwback Nick Waterhouse's Say I Wanna Know — in heavy primetime rotation courtesy of an Acura commercial — could easily be mistaken as a lost gem of the 1950s. The slinky, horn-driven track is attention-grabbing in its uniqueness circa 2012, just as Waterhouse's penchant for Brooks Brothers shirts and horn-rimmed glasses makes him an anomaly in an era when CEOs wear Chuck Taylors and hoodies to the office.

"I guess it's like white blood cells — all of a sudden, people really notice that you stick out like a sore thumb," the Los Angeles singer says of the soulful, rock-and-stomp sound found on his debut album, Time's All Gone, released in May. "I'm just doing the same thing that Muddy Waters was doing to blues or Van Morrison was doing to soul or Elvis Costello was doing to classic pop. (The influences) filter through you and turn out a slightly different way, but you definitely hear traces of everything in there."

Waterhouse says he has "kind of always been the thumb" — "I don't really know another way," he admits — ignoring music trends in favour of learning everything he could about early rock 'n' roll, soul and jazz. (A little punk rock was thrown in there too, courtesy of his dad's Black Flag cassettes.)

"I was always really curious. I was kind of a bookworm kid," the 26-year-old explains. "I liked reading and researching, but it wasn't research to me, it was just trying to quench the really deep desire to understand the world around me."

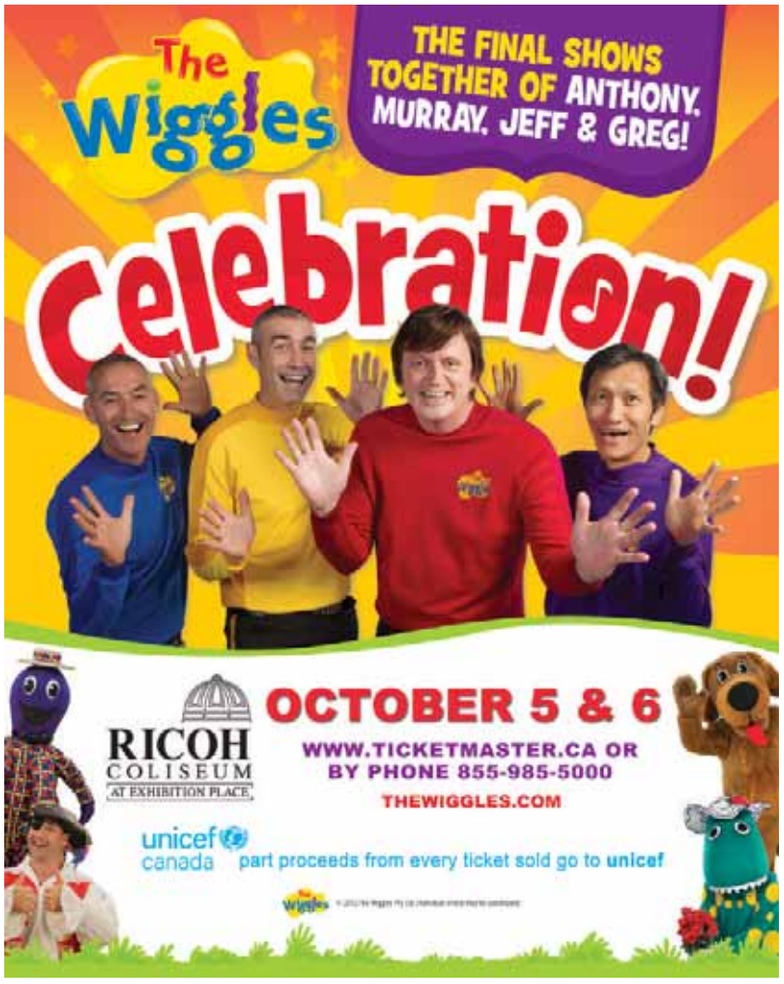
Everything began to make a little more sense with his mom's Van Morrison records playing in the background.

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing," says Waterhouse, who picked up trumpet in third grade before switching to guitar, which he continues to study and play today like a mad genius. "I could have maybe been really into something else, but I don't know," he adds. "This is just how it turned out."

On his terms

- **Breaking free.** After spending his early 20s in a string of dead-end jobs and no-good relationships, Nick Waterhouse turned to music and decided to record the album he wanted, on his terms. "I spent maybe a decade of my life being afraid of (pursuing what I really wanted). (Time's All Gone is) a leap of faith record, where I was like, 'Man, I'm just gonna do this and, you know, f— it,' Waterhouse says. "I didn't care about being judged anymore."

Nick Waterhouse looks like Buddy Holly and his timeless music has hit the high notes with fans. HANDOUT



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Tom Cruise

Special Scientology treatment for Cruise

Some members of the Church of Scientology are bristling at the special treatment they believe Tom Cruise is receiving in the wake of his split from Katie Holmes, according to Radar Online. "They have bent the rules or Tom. If Tom was any other Scientologist — including lesser celebrities — he would not be allowed to continue seeing and maintaining communication with Katie or Suri," former Celebrity Center president Nancy Many tells the website. "When every other person that I have known of leaves Scientology, which Katie did without speaking of it directly, they are instantly shunned."

Twitter

@BetteMidler

Oops, MIA again, upstate harvesting KALE KALE KALE!!! It's like a WEED!! How many chips can you eat?? And let's not discuss the peppers!

@EllenBarkin

Nice to see responses from Christians whose political beliefs might be different from my own. Glad your out there.

@SandraBernhard

a little reflection does a girl good. back on the chain gang.

The Word

Kardashian and Lopez to be hosts of X Factor

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the Kardashian cabal (heads up: Don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.

Will Kopelman and Drew Barrymore ALL PHOTOS GETTY IMAGES

Suck it up: Tasty baby names are still in vogue

Drew Barrymore is a new mom, giving birth to baby girl Olive last week, according to a statement by her reps.

"We are proud to announce the birth of our daughter, Olive Barrymore Kopelman, born Sept. 26, healthy, happy and welcomed by the whole family," The statement reads. "Thank you for respecting our privacy during this most special time in our lives." This is the first child for Barrymore and husband Will Kopelman, who tied the knot in June.

Don't worry, Robert. You're still the sexiest man alive

Maybe this will help take his mind off the whole Kristen Stewart cheating scandal thing: Twilight star Robert Pattinson has been named the Sexiest Man Alive by Glamour U.K. for the fourth year in a row. The Brit-heavy list awarded Avengers star Tom Hiddleston the No. 2 spot, while Johnny Depp, Michael Fassbender and Sherlock star Benedict Cumberbatch rounded out the top five.

Robert Pattinson

20 Volunteers from the Scarborough Malvern Area Needed

This program provides a role for local residents to contribute to the safety of their communities. It holds young persons, who have committed minor offences, accountable for their actions while giving them a second chance to become contributing members of society. As a volunteer, you along with other trained volunteers, will bring together the young person alleged to have committed an offence, their parents, as well as victims and negotiate an appropriate way for the young person to make amends for his or her actions. This allows for an increased role for both victims and communities in dealing with low level offences committed by young people who are prepared to be accountable. This program is run in partnership with West Scarborough Neighbourhood Community Centre and Operation Springboard.

VOLUNTEER QUALIFICATIONS INCLUDE:

- Be 18 years of age or older.
- To have an interest in or experience in dealing with youth.
- MUST live or work in the Scarborough area.
- Good oral and written communication skills.
- Must NOT be currently employed in the Criminal Justice System.
- Be willing to submit to a Criminal Reference Check.
- Be willing to be trained and take an Oath of Confidentiality.
- Be approved by both Steering Committee and Ministry.
- MUST be prepared to make a one-year commitment and to dedicate at least 5 hours of their time per month.

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Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca

5 Places to bust the stress

SHAYAN/FLICKR

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.

COLROS/FLICKR

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.

SATORU KIKUCHI/FLICKR

ALOHAMAMMA/FLICKR

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea and the wetter, more serene eastern side amid main-street towns like Honoka'a.

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an otherworldly experience.

BDEARTH/FLICKR

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Other Bond Holidays

Cadiz, Spain

Playa de la Calleta "doubles" as Cuba in Die Another Die, in the scene where Halle Berry emerges from the water. Castillo de San Sebastian doubles another Cuba location, the DNA Clinic.

Jamaica

Dr. No was shot mainly in Kingston, Oracabessa, Port Royal and St. Andrew. The production shot actually close to Fleming's own Goldenye estate. The fictional San Monique in Live and Let Die was also in Jamaica.

Bahamas

Much of Thunderball was shot in the Bahamas, namely Nassau and Paradise Island. The famous underwater battle took place at Clifton Pier. Years later, Licence to Kill and Casino Royale returned to the Bahamas.

New Orleans

One of the main locations of Live and Let Die, Louisiana's bayou provided the setting for the boat chase.

Thailand

Bangkok, Phuket, the islands of Ko Khao Phing Kan (Scaramanga's hideout) and Ko Tapu are featured in The Man with a Golden Gun. Ko Tapu is still known as James Bond Island.

Czech Republic

In Casino Royale, Loket doubles a small village in Montenegro. Other Czech locations included Prague, Planá and the famous spa Karlovy Vary, used as the exterior of the casino.

Filmed in Estoril: On Her Majesty's Secret Service. CONTRIBUTED

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Visit Estoril the way 007 would

Where it all began. Ahead of Bond Day and Skyfall, we take you to the spot that inspired Ian Fleming to create the famous agent

CÉLIA PEDROSO
life@metronews.ca

During the Second World War, royals, spies and refugees flocked to Lisbon in search of a safe haven, many en route to the United States, as Portugal was neutral. Others were on intelligence missions, like authors Graham Greene and Ian Fleming, the creator of James Bond.

The sunny weather of Estoril, a seaside resort 20 minutes from Lisbon, was the draw. The Allies would prefer Hotel Palácio, the only five-starred spot at the time, while Germans would go to the nearby hotel Parque and to Atlântico.

José Diogo, aged 62, has been working in the Palácio since he was 14 years old. He heard many of his experienced colleagues speaking of those spy years, namely about Ian Fleming. "He stayed here in May of 1941. He was in the Naval Intelligence and registered here as a government official, as the police form shows," he says, showing me proof.

It is not known if he presented himself as "Fleming, Ian Fleming" but Diogo remembers being told how much he loved the dry martini at the bar — now known as Spies Bar — by the head barman: "He loved to have drinks with Popov, a Serbian spy, also known as Tricycle, maybe for being a triple agent or for being always with two girls...," says Diogo. Champagne would also flow, "namely if the Allies won a battle."

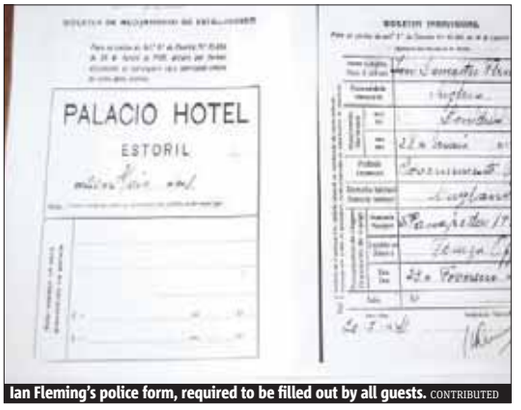
It was the called "champagne news service," as both Allies and Nazis would be plotting in the bar. The 007 Martini is still a top choice at the Palácio bar, made with gin and Lillet vermouth.

With Popov, Fleming would go to the Casino Estoril, nowadays the biggest casino in Europe. Portuguese lawyer José António Barreiros, author of the book 007 Fleming, writes that Ian was in Estoril with John Godfrey, then head of Naval Intelligence Divison. The baccarat nights in the casino took place with Portuguese players but Fleming imagined them as being Germans and thus came the inspiration for his first Bond novel, Casino Royale.

José Diogo, who worked as an extra in On Her Majesty's Secret Service, a Bond movie with George Lazenby, in 1968, shot in Estoril, has no doubts: "His experience with Popov and the spies here definitely inspired him for his character."

Go — and maybe it'll inspire you. Global James Bond Day is October 5th. The new film, Skyfall, hits theatres in November.

José Diogo and the 007 Martini. CONTRIBUTED



Ian Fleming's police form, required to be filled out by all guests. CONTRIBUTED

Hotel Palácio, where Ian Fleming stayed. CONTRIBUTED

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The Pepsi Forum showcases some of Montreal's hockey history. RYAN REMIORZ/THE CANADIAN PRESS

Get your hockey fix in the birthplace of the sport — Montreal

Cure for a lockout.
Home of the Habs echoes with the ghosts of puck glories past

It's considered by many as the cradle of modern hockey — a city that hosted the first-known organized match, witnessed the creation of the National Hockey League and cheered as local teams captured 41 Stanley Cups including the very first one.

All this would make Montreal an ideal tourist destination for hockey-starved fans this year as a lockout threatens the NHL season.

The city's landscape, however, offers few hints to the local role in shaping what has become a national pastime and world-class sport.

The key is knowing where to look. Decades of urban redevelopment and a shortage of historical markers have left few hints of Montreal's place in hockey lore.

Gone are the city's old hockey barns, arenas that helped craft the game's modern rules and housed several different Montreal clubs on their path to dozens of Stanley Cup titles.

Today, fabled sites like these have since been transformed into new uses: a grocery store, a movie theatre and a even a multi-level parking garage.

But the unassuming presence of hockey history here means the most determined visitors can still detect the subtle traces. Like the local legend that says ghosts patrolled the rafters of the old Forum, the game's past still resonates.

From the marking of centre ice at the reconfigured Forum, to the childhood home of Montreal Canadiens legend Maurice (Rocket) Richard, to the hotel where the NHL was first created, there's still plenty for enthusiasts to see, says an expert on the game's history in the city.

"It's just amazing to go through the city like that," said Michel Vigneault, a Universite du Quebec a Montreal kinesiology professor who wrote his PhD thesis on the city's hockey-filled past.

"But you have to know the history behind it because some places have been changed over time."

Vigneault said a significant chunk of that history is centred around the Victoria Skating Rink, an arena that hosted the first-recorded organized game in 1875 and inspired the dimensions for

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Peter Chang, a tourist visiting from Hong Kong, takes in the Pepsi Forum, former home to the Montreal Canadiens. RYAN REMIORZ/THE CANADIAN PRESS

future NHL ice surfaces.

Today, however, the Victoria is a parking garage — which perhaps reinforces the idea that visiting these vanished sites is reserved for only the purest hockey nerd.

The widely forgotten rink put its stamp on the sport before it was demolished in 1929.

Vigneault said that March 1875 hockey game played at the Victoria was the first with pre-established rules. It featured a wooden puck, nine players on each side and a rugby-like rule restricting athletes from making forward passes.

That match, played mostly by McGill University students, also had a nightmarish setup for netminders: the goals were eight feet wide, Vigneault said.

In a hint of things to come for the new sport, he said a newspaper report published the following day indicated the game ended in a brawl.

Vigneault insists the Victoria's place in history differs from the hotly disputed debate over the game's earlier origins. Some believe it was first played elsewhere in Canada, while others argue it began in Europe. Paintings from 17th-century Holland show people with sticks and skates on ice.

"We cannot say exactly where hockey started, but we know where organized hockey started," said Vigneault, who's also a member of the Society for International Hockey Research.

"From that, we know everything that happened after. The problem is, what happened before? We still don't know."

The downtown property is wedged between Drummond and Stanley streets, the latter named after the former governor general who created the Cup.

Coincidentally, it's close to the Bell Centre — the Canadiens' current home — where the only plaque that pays homage to the Victoria Skating Rink is found.

Other hockey landmarks can be found nearby, including Metcalfe Street's Sun Life Building (the former offices of the NHL and its longtime president Clarence Campbell) and a Peel Street building formerly known as the Windsor Hotel (where the NHL was founded in 1917).

A plaque commemorating the birth of the NHL hangs inside the old Windsor Hotel, which has since been transformed into an office building called Le Windsor.

A more famous landmark lies just over a kilometre away, near the slope of Mount Royal just below the wealthy Westmount area.

At the corner of Atwater and Ste-Catherine streets, visitors will find the site of the storied Montreal Forum, home to the Maroons from 1924 to 1938 and the Canadiens from 1926 to 1996.

Not only were two-dozen Stanley Cups won by the teams playing in that building. The site also witnessed three notable international sporting events within several years.

There was the shocking first contest of the 1972 Summit Series, where the dominant Soviets cast instant doubt on Canada's claim to hockey supremacy. Three years later, in 1975, the Canadiens and Moscow's Red Army played what some have called the greatest game ever. In world sporting history, it's also the site where gymnast Nadia Comaneci recorded her perfect 10 in the 1976 Olympics.

Today, the site is a movie complex.

The building houses stores, restaurants, a bowling alley, a bar and a comedy club in addition to the Cineplex.

There is a nod to its hockey heritage: Habs logos mark the original spot of centre ice on the floor of the complex, where there is a cluster of the arena's old seats and a statue of Richard. Upstairs, photos of former Habs teams adorn the walls.

Other places that used to be the home of the Canadiens, and other Montreal hockey franchises, dot the city, which has seen six different clubs hoist the Stanley Cup 41 times.

Across Atwater from the Forum is the former location of the Westmount Arena, an early home for the Habs and other local teams until a fire destroyed it in 1918. It is now a shopping mall.

Among the major rinks that have disappeared: Jubilee Arena (Ste-Catherine and Moreau Street), the Mont-Royal Arena (now a grocery store at Mont-Royal Avenue and St-Urbain Street) and the former College Ste-Marie (Bleury Street).

THE CANADIAN PRESS

Quoted

"We cannot say exactly where hockey started, but we know where organized hockey started."

Michel Vigneault, who wrote his PhD thesis on Montreal's hockey history

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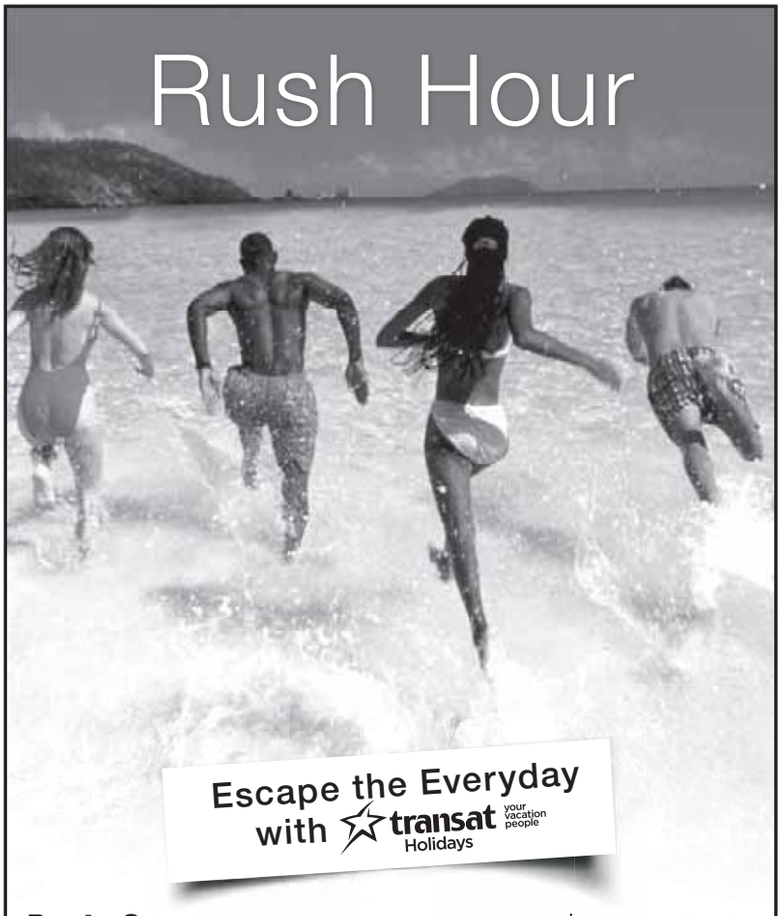

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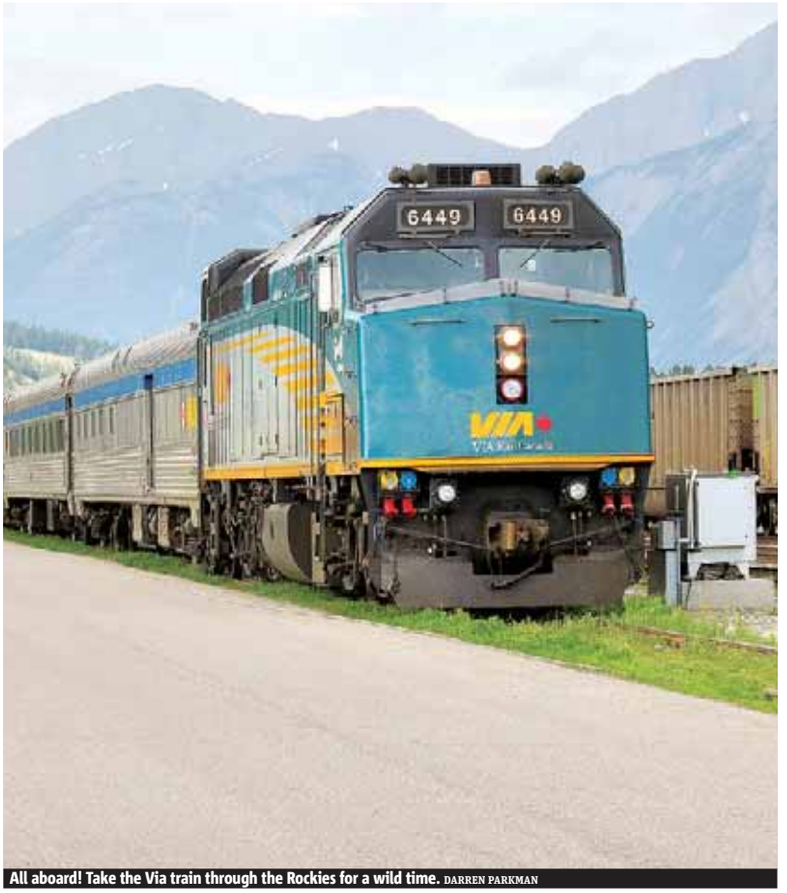

All aboard! Take the Via train through the Rockies for a wild time. DARREN PARKMAN

Slow down and enjoy the view on a train ride through the wilds

Jasper. A 1,000-kilometre journey features stops in ski towns, boating spots and even some great shopping

THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes and rivers, punctuated by little railway towns.

I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else.

I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor.

Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.

After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a trackside field.

Other cool things to do ...

- **Jetboating in Terrace.** Take a high-speed jet boat tour on the Skeena river. There's also great salmon fishing from spring through fall.
- **Ski Hundons Bay Mountain in Smithers.** Three great lifts with runs for the novice to the expert. Located just 20 minutes from downtown.

Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.

All in all, a pretty cool experience, and the slower pace allowed for plenty of time to drink it all in.

ISTOCKPHOTO/THINKSTOCK

FLICKR/CREATIVE COMMONS/MATT SHARPE

5 FABULOUS CITIES TO VISIT

Take a walk on the wild side … in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you are into French hip hop, dance clubs or live indie rock, Montreal after dark is the place to be. Head over to SAT, a slick warehouse and new media space for DJs and performance artists, Le Social, a bohemian hangout in a 19th-century mansion, or La Sala Rossa, a performance hall for touring bands. And check the paper because depending on where you are in the city, entire blocks are often closed to traffic for free concerts. Find your peeps, settle in — and let loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's nightlife is filled with wild abandon and contagious energy … people are jammed into cafés and underground bars that are spinning tunes and fun well beyond dawn. What makes it especially electrifying is all of this is happening amidst historical remnants (the German capital staged a revolution, was headquartered by Fascists and bombed to bits in the 20th century). All you have to do is surrender to the blissed-out haze of beats and booze …

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi Beach, which is just several kilometres from the city centre. Dunk yourself into the consistently great foaming swells for a rough-and-tumble swim (the average water temperature is 21 C). The beach is always swarming, there's lots happening in street cafés, and there are also salt-water sea baths at either end of the beach.

PUSHING BOUNDARIES: EDGY CAMDEN TOWN IN LONDON

Camden Town is where it's happening in London, England. This area has been the centre of alternative culture since the '60s, and today it's a grungy paradise for Goths, punks and everyone in between. Check out the world-famous Camden Market for one-off clothing finds as well as lots of food stalls from around the world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most exotic places to feel the power of the wind as it propels you across the water on a kite board is Dakhla. This western Sahara Desert town is one of the world's greatest wind — and kite-board surfing destinations! It's located on a narrow 48-kilometre long peninsula that stretches into the Atlantic Ocean and creates a huge lagoon. It's in that sandy lagoon where beginners and pros celebrate constant winds all year, flat water, great weather and lots of space. Grab your boards and go.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

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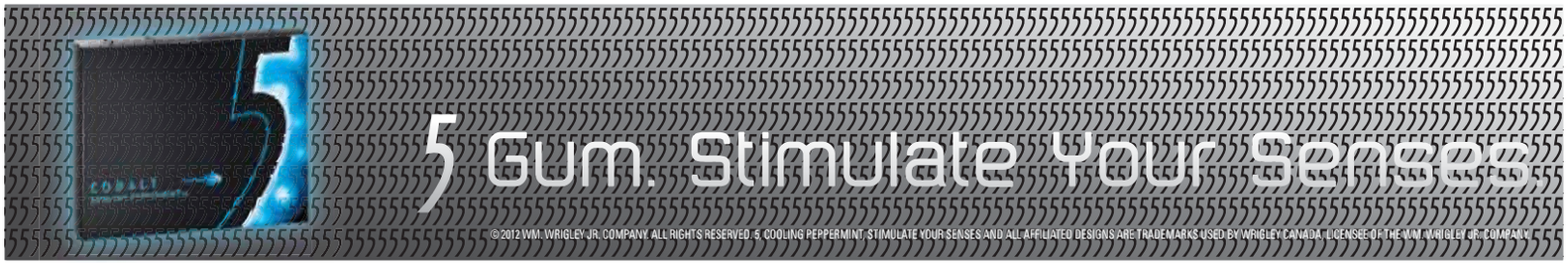

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Not into pumpkin sweets? Try this updated version of Lemon Meringue

ROSE REISMAN
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This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

Nutritional analysis

Per serving (1 slice)

257 calories; 5.1 g protein; 45 g carbohydrates; 0.3 g fibre; 5 g total fat; 1.9 g saturated fat; 54 mg cholesterol; 87 mg sodium

Ingredients

Makes one nine-inch pie

Crust
- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 can (14 oz) + 2/3 cup low-fat sweetened condensed milk
- 1 tbsp lemon zest
- 1/2 cup lemon juice (freshly squeezed)
- 3 egg yolks (save the whites)

Meringue
- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the meringue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8 mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase the oven temperature to 375 F and bake for 10 minutes or until meringue is just lightly browned. Chill until cold and cut into 4 small slices. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Lemon Meringue Custard Pie

This recipe serves four to six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Orange, Banana and Cinnamon Slushie

For a sweet dessert in a cup, try this slushie drink with its tasty dash of cinnamon. It's the perfect mid-day snack.

- 3 cups lightly crushed ice
- 1 cup no-pulp orange juice
- 2 bananas
- 1/2 cup agave syrup or honey
- 1/2 tsp cinnamon
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender. Serve immediately.

THE ASSOCIATED PRESS

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Four Changes that can Drop Car Insurance Rates

Drivers should be aware of these changes that could lower their rates.

Car insurance is a bill that everyone would like to see reduced, and fortunately there are a number of ways to accomplish that. A few simple changes can save you a lot of money on your car insurance bill.

Changing your Deductible. The deductible can make a difference on car insurance premiums, but many people are afraid to carry a higher deductible because they don't want to have to pay in case of an accident. The truth is that carrying a higher deductible may save you a lot of money over time – more than enough to make up for having to pay it should such an accident occur.

A New Car. If you go from a vehicle that tends to have higher insurance rates such as a luxury car, sports car, or large SUV, to a smaller or more economical vehicle that has a lower risk level for the insurance company, you could see those rates go down. There are even some cars that come with discounts, such as those that are considered to be highly fuel-efficient or hybrids, or cars with the latest in anti-theft technology.

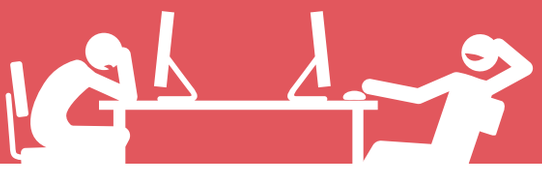
Shopping Around For a New Company. Changing to a new insurance company could be the change that brings your rates down the most, as each insurance company charges different rates to insure the exact same person. But unless you take the time to shop around regularly, you will never know how much you could save.

Tickets and Accidents Falling Off Your Record. If you've been paying for an at-fault accident or a ticket on your premiums, the day that it comes off will be a good day for your insurance premiums. Remember that while the charge will come off your driving record on the day it was officially recorded against you, it will likely come off your insurance bill on renewal.

Remember that the very best way to keep your insurance premiums low is to shop around for better rates. Insurance quoting sites like

InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

The difference between "oh no!" and "oh."



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Take this advice to the bank. Making cents of an interview in financial services

ISHANI NATH
TalentEgg.ca

Sweaty palm syndrome can be solved by getting a handle on the job description. ISTOCK

Interviews can be scary. Between talking about your experience without talking too much, being easy-breezy but not too casual, and trying to hide your nervousness under your best business suit, there are many factors that can result in a good (or disastrous) job interview. In the financial services sector, like in many industries, the interview stage is when companies determine if you're a good fit for the job on a personal and professional level. We spoke with Nancy Moulday, manager of recruitment at TD Business Banking, to find out what sums up to a great interview in the financial services:

Know the job posting

"In preparing for the interview, it's important to take a look at those traits and behaviours that the interviewer and company are looking for," says Nancy. Therefore, she says, let the job listing be your guide when gearing up for the big day. When creating a job description, companies highlight the behaviours and skills that they're looking for in applicants. The key points outlined in the listing will give you a framework for answering some of the general questions (e.g., 'Describe your greatest success') and an opportunity to practice. Nancy adds that you should take care to not over prepare — interviewers aren't looking for the perfect answers word-for-word. Just be able to reflect back on your experiences and have examples that fit the job description at the ready.

Ask what to expect

Different jobs will require different styles of interviews. It is completely within the rights of the candidate to ask the interviewer what to expect from your interview, says Nancy. She says most companies are very up front about what form the meeting will take and are happy to share it with candidates to help them better prepare. In the financial services industry, it is particularly important to ask these questions in case testing will be involved, such as a financial statement analysis or business case review. Knowing what's involved in advance will ensure that you show up to the interview with the necessary tools (e.g., calculator, pens, etc.) and the necessary knowledge.

Bring a portfolio

Interviews are an opportunity for you to showcase how great you are, and it's important to have the paper to back it up. Nancy recommends that all candidates show up to their interviews with two copies of their resumé – one for their own review and one for the interviewer. She says you should also put together a binder or folder that contains the job listing, a cover letter, and any other documents that were specifically requested in the job description. Additional documents can include things such as proof of specific accreditation, reference letters and any previous work that you may be discussing during your interview.

Much appreciated

Get in touch!

Like my mother loves to say: "Never underestimate the power of saying thank you." Follow up with employers after each interview to thank them for their time and briefly reiterate your interest and eligibility for the open position.

In the financial services world, new hires are often working with clients or customers and, therefore, Nancy says that this type of note reflects well on the courtesy and professionalism of candidates.

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Student Voice

Employers, keep an equal eye out for arts students

Fionn Smyth
Graduate
Bachelor of Arts in Labour Studies and Theatre & Film
McMaster University

TalentEgg.ca

After graduating with no job I took the opportunity to participate in J'Explore and learn French in a semi-immersion environment. After that I spent about six weeks constantly applying to work in full-time entry level positions either in my field or that could get me somewhere I wanted to go.

Finally I got a job but soon found out that it was not for me. After that I took a full-time position at Starbucks as a barista and was soon promoted to supervisor, however I still feel that there is more I could be doing with my education. Don't get me wrong, my job pays my bills, but I'm looking for more than that.

Fionn Smyth

My recommendations for employers, schools and career centres

I recommend that schools do more for their students in the arts. As someone who took a combined honours degree I found it nearly impossible to figure out which route to take or even how to pursue things that I wanted. While some arts students do get the attention that they deserve I often found that I had to do a lot more digging than my colleagues in engineering or sciences.

What I'm doing now

Right now I'm still at Starbucks as a supervisor. I had different ideas in mind for this time of my life. I'm just paying my bills and trying to get ahead. I'm still looking for something that will be more fulfilling on the whole and something that will let me use my education. I'm also applying to teacher's college for the fall of 2013 but with the job market the way it is there is still a long way to go.

My advice for students and recent grads

Don't give up hope. Keep on figuring out what you love to do and what uses your potential to the fullest. Don't be afraid to leave a job that you don't love and don't get too discouraged.

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ELIAS
DA SILVA-POWELL
TalentEgg.ca

If you're just starting out at your first entry-level or early-career job in financial services or accounting, you may not have given too much thought to your long-term career objectives. But if you aspire to a management position one day, you'll need to start planning now.

A recent survey developed by Robert Half Management Resources has found that fewer than one third of management positions in accounting and finance were filled by candidates who were promoted internally. So take in these tips to beat the odds.

Speak up

You may need to raise your voice in order to give yourself a good shot, particularly if you're being overlooked. "If you get a sense that others have been identified for roles and you're not getting tapped on the shoulder, it's appropriate to ask for feedback in terms of what skill sets you're lacking," says David King, Canadian president of Robert Half.

Improve yourself

If you notice that you're lacking a skill in demand among managers at your company, try to learn close to home. "Seeking professional development that's sponsored by your company would be ideal, and if it isn't, you may have to look for it on your own time," says David. In either case, make sure your supervisor is aware that you're dedicating your own time to broadening your skill set on your employer's behalf.

Advertise yourself

Performance reviews give you the opportunity to build on your employer's existing impression of you while emphasizing steps you've taken to put yourself in line for a move up the ladder. "That ensures that they see you are, one, interested in and, two, capable of promotion," he says. Key among these steps is taking on special projects which demonstrate skills you don't use in your regular job.

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Move on or move up

When to pull the plug

- It's important to recognize that some employers won't be able to offer you advancement opportunities.
- Cover your bases before you decide a change is needed, says David. "Provided you've exhausted all opportunities at your current firm, it's appropriate to look into options elsewhere."

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Thanksgiving. Setting the scene

Thanksgiving brings a whole new twist to entertaining — so how do you entertain family at this time of year?

Set the scene
Before you get to the cooking, there is the decorating. And why not get your kids involved in setting the Thanksgiving scene?

"The kids can collect coloured leaves and fill decorative apothecary jars or bowls to bring the outdoors in," suggests Janet Lee, the Brampton, Ont.-based fashion and product development director for Home Outfitters.

What about the food?
Trish Magwood, author of In My Mother's Kitchen, sees a group of 21 family members every Thanksgiving and knows the holiday is about finding dishes that work for different generations.

"So my mom will do a turkey dinner for the adults, but then a smaller roast chicken for the kids," says Magwood. "Or we'll have the same celebratory meal and different sides. We might be having oven-roasted cauliflower with brown butter sauce or a zucchini gratin that's got a heavy gruyere flavour, but the kids might be more inclined to have the mashed potatoes with peas. So it's different side options, yet you don't have to become a diner-like cook for everyone." ASTRID VAN DEN BROEK

Make sure to take the time to relax with your family this Thanksgiving long weekend and create your own treasured memories. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

Cornucopia of activities

LEE ROMAN
For Metro

There's really no other holiday like Thanksgiving — the day that's synonymous with feasting on turkey, mashed potatoes and, of course, seasonal pie of the apple or pumpkin kind.

But food aside, Thanksgiving weekend is also the perfect time take in some other activities with family and friends. Here are a few ways to have fun, celebrate fall and create bountiful memories this long weekend.

1 Take in the fall colours: Plan a leisurely stroll around the neighbourhood to check out the changing leaves and splendid fall hues. Or load up the family in the car and take a drive to the nearest park, walking trail or conservation area. Make sure you take a camera along so you can do a fun fall photo shoot.

2 Go apple picking: Canada is ripe with farms to pick your own apples. A quick online search will provide a listing of local U-pick orchards. If you are taking children with you, make sure you choose a location that has dwarf trees for easy picking. Tip: When you find that perfect apple, don't yank the apples from the tree. Lift the apple upwards and give a sharp twist to prevent other apples from falling from the tree.

3 Bake something special together: Set a couple of hours aside to make Thanksgiving-themed cookies with family members or friends. You will find sprinkles, icing and a variety of different shaped cookie cutters, including pumpkins, maple leaves, turkeys and more in craft or kitchen stores. And remember that kids love to help, so use the opportunity to include them in the cookie cutting, baking and decorating.

4 Get spooked: Although Halloween is still a few weeks away, haunting season has already begun in many cities and towns. If you like a good scare, goblins, ghosts and other terrors of the night aren't usually too far away at this time of the year. Check out the Internet for scary activities, such as haunted hay rides and walking tours in your area.

5 Volunteer your time: Nothing reminds us more of how much we have to be thankful for than giving back to others in need. This weekend, why not consider helping out at a local food cupboard, volunteering at a homeless shelter or serving up Thanksgiving dinner at nearby food kitchen.

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Canadian Diabetes Association

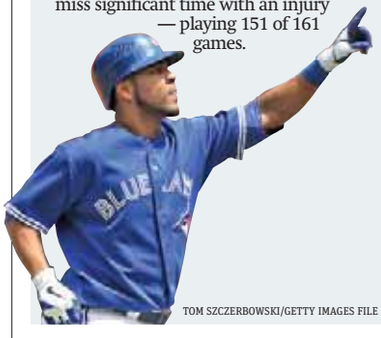
ETHAN ROTBERG
ethan.rotberg@metronews.ca

The Blue Jays are set to play the final game of their season Wednesday and, for many, the end couldn't come quick enough. A campaign that started with much promise was derailed by injuries, blown leads, suspensions, and even a faulty stadium roof. But it wasn't completely bad, was it? Metro's Ethan Rotberg takes a look at some of the positives from an otherwise discouraging season.

5 Silver linings to a lost season

1 The last man standing

After parts of three seasons with the Blue Jays, Edwin Encarnacion finally turned a corner in his career, delivering a breakout, all-star-level season. He's reached career highs in almost all offensive categories including home runs (42) and RBIs (110). Even more astonishing is that Edwin was the only opening-day hitter that didn't miss significant time with an injury — playing 151 of 161 games.



TOM SZCZERBOWSKI/GETTY IMAGES FILE

2 The next one is free

The Blue Jays have become intimately close to the folks working the X-ray and MRI machines. The list of players who needed surgically repaired limbs includes: Kyle Drabek, Drew Hutchison, Luis Perez, Sergio Santos, J.A. Happ, Dustin McGowan and Jose Bautista. So what's the silver lining? Tommy John surgery specialist Dr. James Andrews must be giving them discounts by now.

BRAD WHITE/ GETTY IMAGES FILE

3 Red Sox in ruins

The misery and failure of their rivals in Boston takes a shred of the sting off of the Blue Jays' season. The Red Sox will end the year in last place in the division — a spot they have avoided since 1992. Under new management, the team traded several star players, while manager Bobby Valentine has provided plenty of drama for the Red Sox beat writers.

JEFF GROSS/GETTY IMAGES FILE

BRAD WHITE/GETTY IMAGES FILE

4 If you build it ...

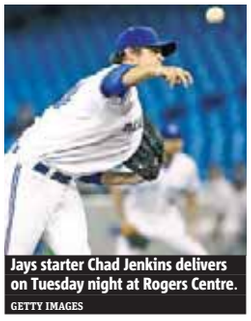
The Jays saw their attendance numbers slump during the last few years, but with their shiny new uniforms and renewed fan interest in the team, attendance climbed to its highest total since 2008, topping two million for the year. So if getting excited about extra revenue for ownership isn't your cup of tea, just remember that these numbers will have a direct influence on next year's payroll.

5 Sweet relief

The season is finally over today, and sometimes you're more than ready to turn the page. While 2012 didn't live up to expectations, there's no reason to think the team has taken a step back. Halfway through the season, the Blue Jays sat at 42-40 and in the thick of the playoff race. But an unprecedented number of injuries left the team with a mostly minor league-quality lineup. Rest up — there's always next year.

VINCE TALOTTA/ TORSTAR NEWS SERVICE FILE

MLB. Jays avoid 90th loss with victory over Twins



Jays starter Chad Jenkins delivers on Tuesday night at Rogers Centre. GETTY IMAGES

Kelly Johnson hit a two-run homer and Chad Jenkins recorded his first major-league victory as the Toronto Blue Jays defeated the Minnesota Twins 4-3 on Tuesday night.

Johnson went deep off Minnesota starter Anthony Swarzak (3-6) in the fourth inning, one of six Jays hits.

Jenkins (1-3) allowed two earned runs over five-plus innings in his third MLB start. Casey Janssen worked the ninth for the Jays for his 22nd save. THE CANADIAN PRESS

MLB

Orioles making one last push for AL East crown

Chris Davis homered for the sixth straight game and the Baltimore Orioles overcame a club-record 15 strikeouts by Tampa Bay pitcher James Shields to beat the Rays 1-0 Tuesday night, pushing the AL East race to the final day of the season.

Baltimore began the night one game behind the first-place New York Yankees.

THE ASSOCIATED PRESS

MLB. Greenberg strikes out at plate, but not with fans

Adam Greenberg struck out on three pitches Tuesday night when he batted for the first time in seven years after the Miami Marlins gave him a second chance.

Greenberg signed a one-day contract before the game and stepped to the plate as a pinch-hitter leading off the sixth inning against New York Mets.

Greenberg received a standing ovation from the modest crowd in Miami. The game was Greenberg's first since his MLB debut in 2005, when he was hit in the back of the head by the first pitch he saw — a 92-mph fastball that derailed his career. THE ASSOCIATED PRESS

Adam Greenberg on Tuesday night in Miami. GETTY IMAGES

4 SPORTS

Mobile sports

Orikel

Three-time Olympic medallist Silken Laumann is blasting Rowing Canada's decision to part ways with men's eights coach Mike Spracklen. No reasons were given, but Spracklen has had a fractious relationship with Rowing Canada for years.

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Valanciunas eager to get started at Raptors camp

NBA. Fifth overall pick could return from calf strain later this week

MATTHEW WUEST
Metro in Halifax

While the rest of his teammates bounded around the Canada Games Centre practising their shooting and fine-tuning their skills, Jonas Valanciunas was stuck at the far end of the gym, nowhere near a basketball hoop.

The prized seven-foot Toronto Raptors rookie, unable to participate on the opening day of training camp in Halifax because of a calf strain, was trussed with resistance bands while working 1-on-1 along the sidelines with Alex McKechnie, the NBA team's director of sports science.

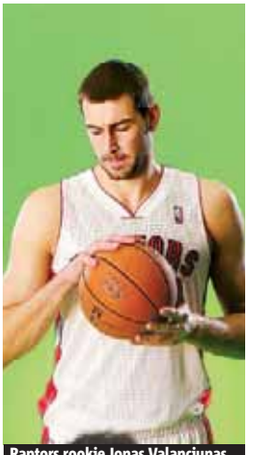
Valanciunas is expected to join his teammates soon — perhaps later this week — but that didn't make Tuesday any easier.

"I feel bad because I'm watching those guys running on the floor and I want to run with them," said the 20-year-old after practice, his calf strapped with enough ice to fill a small deep freeze.

"It's kind of hard, but I will be OK."

Valanciunas might have been sugar-coating his predicament for media.

"He was sending a few verbal and physical signals over to (McKechnie) today — he's not very happy with him for holding him back," said Raptors president and general manager Bryan Colangelo.



Raptors rookie Jonas Valanciunas poses during media day in Toronto on Monday. TORSTAR NEWS SERVICE FILE

While Valanciunas is growing impatient to get started, Colangelo and the Raptors know the feeling. They drafted Valanciunas fifth overall in 2011 knowing full well they'd have to wait a year before he put on their jersey because of contractual obligations in Lithuania.

Valanciunas, who averaged 14.2 points, 7.4 rebounds and 1.9 blocks last season and was named FIBA Europe young men's player of the year for 2011, is hoped to be Toronto's future at the centre position.

Although he'll need to avoid foul trouble — something that could be a big challenge — he is expected to immediately improve the Raptors' defence and rebounding with his physicality and 257-pound frame, as well as help them score more, even if he's not doing it himself.

"You're going to see a player who is going to have an impact regardless of what he does statswise," Colangelo said. "He's a rim runner. He's going to run down the court and get down and suck defence with him and he's going to open opportunities for the trailing shooters."

Raptors head coach Dwane Casey said he's prepared to throw Valanciunas "into the fire early." There are bound to be growing pains, but Valanciunas — like everybody else involved — is eager to finally see how he measures up.

"This year is my first in the NBA," he said. "I'm really excited to be here, to see what I can do in this league."

Quoted

"That's the biggest limitation for him — learning the nuances of staying on the court without getting into foul trouble."

Raptors president and GM Bryan Colangelo on Jonas Valanciunas

NHL

Cherry still firmly in Kadri's corner

Don Cherry can't believe how the Toronto Maple Leafs are treating prospect Nazem Kadri.

Cherry took to Twitter on Tuesday to criticize how the Leafs have treated the 21-year-old centre.

"I have never in my life seen a kid treated like Nazem Kadri by the Leafs," said Cherry on his account.

Cherry went on to criticize Marlies coach Dallas Eakins, who publicly questioned Kadri's fitness as training camp for the AHL club began on Sept. 28.

"If anyone wants to get a blueprint on how to destroy someone, just follow the Toronto Maple Leafs," Cherry wrote.

THE CANADIAN PRESS

NHL. Talks stall as lockout bill climbs to $100 million

The NHL is already seeing major revenue losses a couple weeks into the lockout.

And the numbers thrown around now will likely look like chump change by the time the labour dispute is settled.

Talks broke off quickly between the league and the NHL Players' Association on Tuesday morning and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he revealed the extent of the damage of the lockout — "close to" $100 million after the cancellation of the entire pre-season schedule.

"That is not going to be recouped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"If this is a loss, this is a loss that is entirely of their own making."

NHLPA executive director Donald Fehr on the NHL's announcement of $100 million in lost revenue during the lockout.

The $100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	93	67	.581	—	—
z-Baltimore	93	68	.578	½	—
Tampa Bay	89	72	.553	4½	3½
Toronto	72	89	.447	21½	20½
Boston	69	91	.431	24	23

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	87	73	.544	—	—
Chicago	84	76	.525	3	8
Kansas City	71	89	.444	16	21
Cleveland	67	93	.419	20	25
Minnesota	66	95	.410	21½	26½

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	67	.581	—	—
z-Oakland	92	68	.575	1	—
Los Angeles	89	71	.556	4	3
Seattle	73	87	.456	20	19

z — clinched playoff berth; **x** — clinched division; **y** — clinched wild-card berth.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	97	64	.602	—	—
y-Atlanta	93	68	.578	4	—
Philadelphia	81	80	.503	16	6½
New York	73	87	.456	23½	14
Miami	68	92	.425	28½	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	96	64	.600	—	—
St. Louis	87	73	.544	9	—
Milwaukee	82	78	.513	14	5
Pittsburgh	79	82	.491	17½	8½
Chicago	60	100	.375	36	27
Houston	54	106	.338	42	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	67	.581	—	—
Los Angeles	85	75	.531	8	2
Arizona	80	80	.500	13	7
San Diego	75	85	.469	18	12
Colorado	63	97	.394	30	24

Tuesday's results
Toronto 4 Minnesota 3
Baltimore 1 Tampa Bay 0
Boston at N.Y. Yankees
Chicago White Sox at Cleveland
Detroit at Kansas City
Texas at Oakland
L.A. Angels at Seattle
Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
Detroit 6 Kansas City 3
L.A. Angels 8 Seattle 4
N.Y. Yankees 10 Boston 2
Oakland 4 Texas 3
Tampa Bay 5 Baltimore 3
Wednesday's games — All Times Eastern
Texas (Dempster 7-3) at Oakland (Griffin 7-1), 3:35 p.m.
L.A. Angels (Weaver 20-4) at Seattle (Beavan 10-11), 6:40 p.m.
Boston (Matsuzaka 1-6) at N.Y. Yankees (Kuroda 15-11), 7:05 p.m.
Chicago White Sox (Floyd 11-11) at Cleveland (D.Huff 3-0), 7:05 p.m.
Minnesota (Diamond 12-8) at Toronto (Morrow 9-7), 7:07 p.m.
Baltimore (Tillman 9-2) at Tampa Bay (Hellickson 9-11), 7:10 p.m.
Detroit (Scherzer 16-7) at Kansas City (Mendoza 8-9), 8:10 p.m.
END OF REGULAR SEASON

Tuesday's results
Pittsburgh 5 Atlanta 1
Washington 4 Philadelphia 2
N.Y. Mets at Miami
Houston at Chicago Cubs
San Diego at Milwaukee
Cincinnati at St. Louis
Colorado at Arizona
San Francisco at L.A. Dodgers
Monday's results
Colorado 7 Arizona 5 (13 innings)
Houston 3 Chicago Cubs 0
L.A. Dodgers 3 San Francisco 2
Miami 3 N.Y. Mets 2
Milwaukee 5 San Diego 3
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
St. Louis 4 Cincinnati 2
Wednesday's games — All Times Eastern
Atlanta (Sheets 4-4) at Pittsburgh (A.J.Burnett 16-9), 12:35 p.m.
Philadelphia (Cl.Lee 6-8) at Washington (E.Jackson 9-11), 1:05 p.m.
Houston (E.Gonzalez 3-1) at Chicago Cubs (T.Wood 6-13), 2:20 p.m.
N.Y. Mets (Hefner 3-7) at Miami (Gaudin 3-2), 4:10 p.m.
Colorado (Francis 5-7) at Arizona (I.Kennedy 15-11), 7:10 p.m.
San Francisco (Vogelsong 14-9) at L.A. Dodgers (Kershaw 13-9), 7:15 p.m.
San Diego (Werner 2-3) at Milwaukee (Gallardo 16-9), 8:10 p.m.
Cincinnati (H.Bailey 13-10) at St. Louis (Wainwright 14-13), 8:15 p.m.
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera, Det	159	617	109	203	.329
Trout, LAA	137	551	129	179	.325
Mauer, Minn	145	540	81	174	.322
Beltre, Tex	154	596	95	190	.319
Jeter, NYY	157	673	99	213	.316
TorHunter, LAA	139	532	81	167	.314
Fielder, Det	160	578	83	181	.313
Butler, KC	159	609	72	190	.312
Cano, NYY	159	617	102	190	.308
Rios, ChiW	157	605	93	184	.304

RBIs — MiCabrera, Detroit, 137; Hamilton, Texas, 127; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.
HOME RUNS — MiCabrera, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; ADunn, Chicago Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.
PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-10; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8.
Not including Tuesday's games

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera, SF	113	459	84	159	.346
Posey, SF	146	524	77	176	.336
AMcCutchen, Pgh	155	586	107	193	.329
Braun, Mil	152	591	106	190	.321
YMolina, StL	137	501	65	159	.317
Craig, StL	118	465	76	144	.310
DWright, NYM	154	575	90	177	.308
Scutaro, SF	154	613	86	187	.305
Pacheco, Col	130	467	50	142	.304
CGonzalez, Col	135	518	89	157	.303

RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ArRamirez, Milwaukee, 104; Holliday, St. Louis, 101; Posey, San Francisco, 101.
HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; Beltran, St. Louis, 32; LaRoche, Washington, 32; ASoriano, Chi Cubs, 32.
PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6.
Not including Tuesday's games

BLUE JAYS 4, TWINS 3

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Span cf	4	1	2	2	RDavis lf	4	0	1	1
Revere rf	4	0	3	0	YEscor ss	3	0	1	1
Mauer dh	3	0	0	0	Lawrie 3b	3	0	1	0
Parmel 1b	4	0	0	0	Lind 1b	3	0	0	0
Plouffe 3b	4	1	1	0	Arencii c	4	1	1	0
MCarsn lf	4	0	2	0	KJhnsn dh	3	1	1	2
Mstrnn pr	0	0	0	0	Hchvrr 2b	3	1	1	0
CHrmn c	4	0	0	0	Sierra rf	3	0	0	0
ACasill 2b	3	0	1	1	Gose cf	1	1	0	0
EEscor ss	3	1	1	0					
Totals	**33**	**3**	**10**	**3**	**Totals**		**27**	**4**	**6**	**4**
Minnesota					**000**	**002**	**100**	**— 3**
Toronto					**001**	**210**	**00x**	**— 4**

E—Plouffe (19), T.Robertson (1). DP—Minnesota 3, Toronto 2. LOB—Minnesota 4, Toronto 4. 2B—Span (38), Plouffe (19), A.Casilla (17), Hechavarria (8). HR—Span (4), K.Johnson (16). CS—Revere 2 (9).

Minnesota	IP	H	R	ER	BB	SO
Swarzak L,3-6	5	5	4	4	3	2
Waldrop	2	1	0	0	1	0
Perdomo	2-3	0	0	0	1	0
T.Robertson	0	0	0	0	0	0
Fien	1-3	0	0	0	0	0
Toronto						
Jenkins W,1-3	5	5	2	2	1	2
Loup H,6	1	1	0	0	0	1
Delabar H,12	1	2	1	1	0	0
Oliver H,16	1	1	0	0	0	0
Janssen S,22-25	1	1	0	0	0	1

Jenkins pitched to 2 batters in the 6th.
T.Robertson pitched to 1 batter in the 8th.
Umpires—Home, Clint Fagan; First, Toby Basner; Second, Tim McClelland; Third, Marvin Hudson.
T—2:33. A—13,930 (49,260) at Toronto.

TENNIS

ATP-WTA CHINA OPEN

At Beijing
Men's Singles — First Round
Novak Djokovic (1), Serbia, def. Michael Berrer, Germany, 6-1, 6-7 (3), 6-2.
Yen-hsun Lu, Taiwan, def. David Ferrer (2), Spain, 5-4 (retired).
Jo-Wilfried Tsonga (3), France, def. Denis Istomin, Uzbekistan, 4-6, 6-1, 7-6 (3).
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-2, 6-4.
Mikhail Youzhny, Russia, def. Tommy Haas (7), Germany, 6-4, 4-6, 6-2.
Women's Singles — Second Round
Victoria Azarenka (1), Belarus, def. Sabine Lisicki, Germany, 6-4, 6-2.
Agnieszka Radwanska (3), Poland, def. Zhang Shuai, China, 6-2, 6-3.
Angelique Kerber (5), Germany, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-0.
Li Na (7), China, def. Nadia Petrova, Russia, 6-1, 6-2.
Caroline Wozniacki (10), Denmark, def. Su-wei Hsieh, Taiwan, 6-7 (5), 7-6 (3), 6-0.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Andy Murray (1), Britain, def. Ivo Karlovic, Croatia, 7-6 (7), 6-4.
Tatsuma Ito, Japan, def. Nicolas Almagro (5), Spain, 7-6 (4), 7-6 (5).
Milos Raonic (6), Thornhill, Ont., def. Radek Stepanek, Czech Rep., 6-4, 6-4.
Kei Nishikori (8), Japan, def. Go Soeda, Japan, 4-6, 6-2, 6-3.
Tommy Robredo, Spain, def. Jarkko Nieminen, Finland, 6-2, 6-4.
Jeremy Chardy, France, def. Yuichi Sugita, Japan, 6-1, 7-5.
Dmitry Tursunov, Russia, def. Bernard Tomic, Australia, 6-4, 7-5.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28

WEEK 15

Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

PLAYERS OF THE WEEK

Offensive — Henry Burris, QB, Hamilton
Defensive — Adam Bighill, LB, B.C.
Special Teams — Trent Guy, KR, Montreal
Canadian — Jon Cornish, RB, Calgary

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	33	30	7	130
Congi, Ham	0	39	29	1	127
Whyte, Mtl	0	39	23	6	114
Paredes, Cal	0	35	26	1	114
Palardy, Wpg	0	18	30	5	113
Shaw, Edm	0	27	21	8	98
Waters, Tor	0	16	23	6	91
x-C.Williams, Ham	13	2	0	0	80
DeAngelis, Sask	0	17	18	1	72
Milo, Sask	0	16	11	12	61

x — scored two-point convert

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Dallas	2	2	0	.500	65	88
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	3	1	0	.750	108	68
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR

Byes: Indianapolis, Pittsburgh
Monday's result
Chicago 34 Dallas 18
Sunday's result
Arizona 24 Miami 21 (OT)
Atlanta 30 Carolina 28
Cincinnati 27 Jacksonville 10
Denver 37 Oakland 6
Green Bay 28 New Orleans 27
Houston 38 Tennessee 14
Minnesota 20 Detroit 13
New England 52 Buffalo 28
Philadelphia 19 N.Y. Giants 17
San Diego 37 Kansas City 20
San Francisco 34 N.Y. Jets 0
St. Louis 19 Seattle 13
Washington 24 Tampa Bay 22
Thursday's result
Baltimore 23 Cleveland 16

WEEK FIVE

Byes: Dallas, Detroit, Oakland, Tampa Bay
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday, Oct. 7
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

UEFA CHAMPIONS LEAGUE

FIRST ROUND

Tuesday's results
GROUP E
Juventus (Italy) 1 Shakhtar Donetsk (Ukraine) 1
Nordsjaelland (Denmark) 0 Chelsea (England) 4
GROUP F
Valencia (Spain) 2 Lille (France) 0
BATE Borisov (Belarus) 3 Bayern Munich (Germany) 1
GROUP G
Spartak Moscow (Russia) 2 Celtic (Scotland) 3
Benfica (Portugal) 0 Barcelona (Spain) 2
GROUP H
CFR Cluj (Romania) 1 Manchester United (England) 2
Galatasaray (Turkey) 0 Braga (Portugal) 2
Wednesday's games — All Times Eastern
GROUP A
Dynamo Kiev vs. Dinamo Zagreb, 2:45 p.m.
Porto vs. Paris Saint-Germain, 2:45 p.m.
GROUP B
Arsenal vs. Olimpiakos, 2:45 p.m.
Schalke vs. Montpellier, 2:45 p.m.
GROUP C
Zenit St. Petersburg vs. AC Milan, Noon
Anderlecht vs. Malaga, 2:45 p.m.
GROUP D
Ajax vs. Real Madrid, 2:45 p.m.
Manchester City vs. Borussia Dortmund, 2:45 p.m.

ASIAN CHAMPIONS LEAGUE

QUARTER-FINALS
Second Leg
Tuesday's results
Al Ahli (Saudi Arabia) 4 Sepahan (Iran) 1
(Al Ahli advances 4-1 on aggregate)
Guangzhou Evergrande (China) 2 Al Ittihad (Saudi Arabia) 1
(Al Ittihad advances 5-4)

CRICKET

WORLD TWENTY20

SUPER EIGHTS

At Colombo, Sri Lanka
GROUP ONE
Monday's results
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
Tuesday's results
Pakistan 149-6 def. Australia 117-7 by 32 runs
India 152-6 def. South Africa 151 by one run
SEMIFINALS
Thursday's match
Sri Lanka vs. Pakistan
Friday's match
Australia vs. West Indies
FINAL — Sunday, Oct. 7: Semifinal winners, TBD

Don't waste your money.
Here are some items that show
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These receipts show identical items that were purchased at each respective store. The items we've selected include commonly purchased products. The specific store locations, dates, and times at which the purchases were made are shown on each receipt.

DRIVE 5

It's getting better all the time

ALL PHOTOS WHEELBASE MEDIA

Style

The latest Accord that's now on sale appears more svelte, with none of the excessive front overhang that marred the previous generation. The look is more proportionally balanced and shows greater attention to detail in terms of styling execution. The sedan is far more pleasing to the eye than past efforts. The coupe, on the other hand, already deemed a good looker, has undergone a more subtle transformation and remains one of the most appealing models of its type on the road.

2013 Honda Accord

- **Types.** Two- /four-door, front-wheel-drive mid-size coupe/sedan.
- **Engines (hp).** 2.4-litre DOHC I4 (185-189); 3.5-litre SOHC V6 (278); 2.0-litre DOHC I4 with 124 kilowatt electric motor (196, net).
- **Safety.** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.
- **Base price (incl. destination).** $25,300.

Cabin

Good looking also describes the Accord's new cabin. The artistically sculpted dashboard is a sensational piece and thankfully devoid of knob and switchgear clutter. Drivers will be particularly enamored with the clear and crisp white-on-black center gauges and the high-definition eight-inch (20- centimetre) multi-information display screen. All passengers are treated to more comfortable seating arrangements.

Fuel consumption

In explaining its CVT decision, Honda's stewards deemed it necessary to lower fuel consumption to more competitive levels, as in 7.8 l/100 km city and 5.5 highway. Those numbers are second only to the class-leading Altima's 7.4/5.0 rating.

Performance

Accords remain admirable road performers, with an enhanced feeling of sportiness and ride control. The base 2.4-litre four-cylinder (labelled "Earth Dreams") makes 185 horsepower (189 for the Sport model), up from 177. The optional 278-horsepower 3.5-litre V6 gains a mere seven ponies. Manual-transmission lovers should be pleased that the six-speed gearbox remains available with four-cylinder Accord sedans and up-level V6 coupes.

Review. Although it's smaller, Accord keeps the optional V6 and fine-tunes pretty much everything else

MALCOLM GUNN
Wheelbase Media

Buyers expecting the ninth-generation Accord to be bigger and bolder will need to adjust their perspective concerning one of North America's most successful sedan and coupe lines.

The U.S.-built (30 years and counting) Accord maintains a conservative presence, while undergoing a complete metamorphosis in style, features and running gear.

Paraphrasing Honda's styling director David Marek, the Accord's makeover started from the inside out to ensure that occupants were treated to as much room and style as possible. Reshaping the exterior included soliciting opinions from current Accord owners who made it clear they wanted a less bulky car that didn't sacrifice overall spaciousness.

Sounds like a tall order, but Marek's design team appear to have delivered on virtually all counts. The 2013 Accord sedan is about nine centimetres shorter and loses about 2.5 centimetres between the front and rear wheels while gaining a centimetre in width. At the same time, trunk space has increased by five per cent, thanks in part to a more compact rear suspension.

In early 2013, Honda will introduce the Accord plug-in hybrid. In this format, a 2.0-litre four-cylinder is mated with a 124-kilowatt electric motor to produce 196 net horsepower. The plug-in travels up to 24 kilometres on electric-only power, can run on grid juice at speeds up to 100 km/h and has a maximum 700-kilometre range.

The clincher is it takes three hours — a relatively short time — on standard 120-volt house current to replenish the lithium-ion battery (about 10 minutes for a 50-percent charge), or about an hour using a 240-volt charger.

Honda plans to introduce a non-plug-in hybrid by mid-2013, giving the Accord a one-two punch in the eco-sedan category.

A new Sport model adds bigger wheels, paddle shifters for the CVT and small deck spoiler. The beauty is that you don't need to buy the V6 to get the goodies.

The Accord has never been about the "wow factor", but more the "smart factor." As such — despite the smaller overall package — there's actually more interior volume.

By comparison

1 Ford Fusion
Base price: $23,000.
New design will get attention. V6 replaced by EcoBoost turbofour-cylinder.

2 Nissan Altima
Base price: $25,300
Fuel-economy champ is new for 2013; CVT is the only transmission choice.

3 Chevrolet Malibu
Base price: $26,500.
Handsome sedan cuts the flab, replaces V6 for partial hybrid option.

On the Web

Scan code for more car reviews and news.

The art of parts chasing in style

Chevy Traverse

Making the grade

When you basically live in a vehicle for four days, this is what the console top looks like.

The only vehicle that makes the grade for such a trek is a wagon that's large enough to pack enough laundry, road snacks, iPods, computer gear and two extra seats for four days of tolerable travel.

Fifteen years ago, we would have likely picked a Chevrolet Suburban for the task, but since gas money no longer grows on trees, there are many more offerings today that are also thrifty-ish, which certainly factors into whether picking up seats located 1,491 kilometres away is a fiscally intelligent move in the first place.

So, from our press fleet we select a Chevrolet Traverse — the current model and not the tweaked 2013 edition — which is similar to the GMC Acadia and the fashion-statement Buick Enclave. The seven-passenger rig is loaded up with leather seats, two sunroofs, climate control, DVD entertainment, a punchy stereo, but sadly no navigation, and comes with a 288-horsepower 3.6-litre V6. By the way, that's more power than the V8 Suburban from 15 years ago.

No matter what vehicle you compare it to, the Traverse is large, certainly one of the biggest in class, and its slightly nose-heavy feel hints at that. However, the vehicle absolutely excels at comfy low-stress highway cruising and wading through the torrential rains that plague the better part of the getting-there leg. A smooth ride with a slightly soft rear suspension will keep long-distance travelers fresh and alert, which is handy when heading into New York City with the attitude that a map is somehow optional.

JOE KNYCHA is a writer with wheelbase media. You can message him using the contact form at wheelbasemedia.com. wheelbase media is a worldwide provider of automotive news and features stories.

Autoknow. New York City and parts chasing ... sounds like the perfect mini vacation wrapped up into a work trip

JOE KNYCHA
wheelbasemedia.com

Parts chasing most likely began the very second that the very first stone wheel was carved.

Parts chasing is the art of finding stuff you need ... and going to get it. With cellphone cams and video, email and eBay, you might not have to look very long for parts, but you still might have to travel far — very far — to get them.

So when a certain project vehicle requires a set of specific hard-to-find seats to get the interior under way, it doesn't take very long to locate them ... 1,491 kilometres away in Baltimore, Md. And then there's that fateful phrase: "Local pickup only."

Another wonderful piece of online technology called Mapquest tallies up the distance, shows you the route and even gives you an idea of how many hours or days of work you'll need to ditch so you can make the trip.

This is truly amazing when you think about how people chased down parts 15 years ago: vague rumours; detective work; guessing; no photos and aimlessly roaming the countryside in search of treasure, which was largely just junk.

Now, however, one phone call to Beltsville Auto Recyclers in Baltimore and the trip was on to secure what appeared to be the only available 2008 Chrysler Sebring front bucket seats on the face of the Earth that were not actually attached to the rest of the Sebring.

Like most normal businesses with a front door, Beltsville isn't open on the weekend, which just happens to be the only convenient time for two road-trippers to make the pick-up.

"Well then, we'll be there Monday morning at 8 a.m. and then drive like H-E-double-hockey-sticks to get back home for Tuesday."

A Beltsville staffer says he'll have the seats on a palette and ready to roll so it's time to hit the road. But while parts chasing 15 years ago — usually closer to home — might have taken a few hours on a weekend in an old half-ton truck, today we require a comfortable ride that can handle the load for 32 hours of driving and not, repeat not, consume the hotel budget via the gas tank.

Hotel budget? Although parts chasing is not exactly a dream vacation, a little creative thinking puts the fearless transporters in the middle of New York City for the weekend preceding the pick-up.

It might also be necessary to break up 32 hours of driving and perhaps the only way to entice a co-pilot to come along for the ride.

The Chevrolet Traverse easily swallows two bucket seats. Since shipping wasn't an option, a 3,000-kilometre drive to get them was the only way. Road trip! ALL PHOTOS CONTRIBUTED

Traverse + parts hunting = awesome

Arriving — eventually — at The Plaza hotel in Manhattan against an unrelenting river of taxicabs and rainfall, the Traverse was somewhat outgunned by a Rolls-Royce parked in behind, but it nicely acquitted itself in terms of cargo space and real-world functionality once at Beltsville two days later to pick up the seats.

- As with most cargo areas, the Traverse's is lined with soft textured plastic that is very easy to mark up, which, to the casual observer appears as premature wear or even abuse, even after a very short time. To reduce the ugliness, you need to strap down any right-angled cargo and even cover the edges with tape to prevent damage to the paneling.
- The big news, of course, is the vehicle's solid fuel economy, about 9.8 l/100 km on the highway for this all-wheel-driver (the standard model is front-wheel-drive), especially relative to the Traverse's large stature and Sebring-seat toting prowess. Part of this comes from an engine update that moves the fuel injectors into the combustion chambers from the intake-manifold ports. With advanced engine management (a hotshot computer), the Traverse runs with very little fuel when cruising and at the same time the improved combustion efficiency aids power.
- What's not to like? Line the cargo area with plywood and the Traverse is the modern version of a parts-chaser ride, no matter how far you have to go or what route technology has you taking to get there.

Well ... you can't fit two Sebring bucket seats in the back of a Rolls, now can you.

Interstate highways make for fast driving, but you'll never see something as grand as Yale campus in New Haven, Conn., if you don't take some time to smell the roses.

This is what a $650-a-night room looks like in Manhattan. Good thing the Traverse is good on fuel.

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PEEL

On the cutting edge of cuteness

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides

AUTO PILOT
Mike Goetz
drive@metronews.ca

Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

Automotive technology is advancing at breakneck speeds. Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business. The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness. Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c. I recently took a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in. All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split. The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and appreciate cuteness. It's just that we have more natural defence to deal with it. We can walk away. Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps? Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

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Parts dept: Aftermarket action

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Tailgate parties are all the rage, whether you're attending a sporting event or picnicking with family or friends. The cool-looking Margaritaville Tailgating Grill makes an ideal barbecue accessory and is one of the simplest to use. The cast-aluminum grill attaches to a heavy-duty steel swing arm that fits into any standard hitch receiver. Set-up involves pivoting the arm to the preferred position, hooking up a propane tank (not included) and folding out the side tables and condiment tray. In minutes you'll have fired up the 20,000 BTU burners and have the 352-square-inch cooking surface full of burgers, dogs, steaks or what-have-you. The unit sells for about $400 US (plus $50 for the optional cover) and is available through a variety of online outlets, including margaritaville-cargo.com.

Just the auto facts, ma'am

Canadian inventor Alastair Loughlin has a thing for cars and trivia and has managed to combine both interests in The Ultimate Auto Trivia Game, which is made by his company, Mindbusters Leisure Products. According to Loughlin, this multi-player roll-the-dice-type game, which tests the knowledge of players of all ages, contains 2,000 multiple-choice questions relating to "virtually every automobile ever manufactured," including antique and classic cars as well as vehicles never sold on this continent (those would be the harder questions, one presumes). The Ultimate Auto Trivia Game sells for $20 (plus $13.50 for shipping and handling) and can be ordered at mindbustersgames.com or by calling 403-505-1507.

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Today, many people treat their garage as an extension of their living area and that means dressing up their bare concrete floor. Muscle Gloss makes a 100 per cent epoxy coating for just that purpose. According to the company, the product is completely odorless, making it ideal for attached-garage or basement floors. It's also oil, salt and chemical resistant, meaning it should retain its extremely high-gloss luster for a long time. The product's controlled cure time requires about 24 hours to completely penetrate the concrete surface and harden. However, the results appear to be worth it, judging by the gallery photos on the Muscle Gloss Web site. Prices start at $158 US for the 200-square-foot kit , or $268 US to cover a 400-square-foot surface. Call 866-258-9500 to discuss your specific needs or order directly at musclegloss.com.

Stuff in a cup

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Studying surgeries improves crash safety

Driving force. Crash-test dummies vital to understanding accidents, but operating room observations take it to the next level

JIL MCINTOSH
drive@metronews.ca

To assess how injuries are caused in collisions, automakers use crash-test dummies.

But to fully understand everything that happens to the human body, General Motors is sending its engineers to the hospital.

At the University of Michigan Hospital, they witness surgeries and other medical procedures, to gain more information on how vehicles can be better designed to help reduce injuries.

"It helps us to relate the human body to the crash-test dummy," says Barbara Bunn, a safety engineer at General Motors' Milford Proving Grounds in Michigan. "Our crash-test dummies are designed to be tested hundreds of times during their life cycle. They gather the information, but they never break.

"When we go into a surgery and see the patterns of the fractures, we can try to determine what in the interior of the vehicle created this type of pattern, and we can learn how surgeons and first responders are repairing these fractures, and the long-term effect."

Information on hip and leg fractures, obtained from watching surgeries, has led to better designs in knee bolsters and seatbelts to help reduce injuries to the lower extremities.

Many internal injuries in severe crashes are caused by the so-called "third collision." The first collision is when the vehicle crashes into something, while the secondary collision is the occupant hitting something in the vehicle's interior, including the seatbelt or airbag. That stops the body's movement, but inertia is still acting on the internal organs. This is the third collision, when the organs slam against each other, or into bones.

"The crash-test dummies do not have internal organs or soft tissue," Bunn says. "It's all steel structure inside. We can look at the rib deformation, and we have accelerometers that can show internal speed, but to go into the hospital and see spleen lacerations and how they're repaired, that's been invaluable."

The collaboration between General Motors and the hospital's International Center of Automotive Medicine has been ongoing for about 12 years. During that time, the Center has amassed tens of thousands of full-body scans of crash victims, measuring data points used by safety engineers for vehicle design, and for hospital staff to enable better medical care.

Safety studies

- GM has used crash-test dummies since the 1930s, when they were made of leather sewn over a metal structure.
- In addition to dummies, automakers also use 3D medical images and computer programs to determine potential injuries in crashes.

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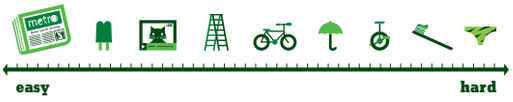

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Horoscopes

♈ Aries
March 21 - April 20
You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

♉ Taurus
April 21 - May 21
What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

♊ Gemini
May 22 - June 21
You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

♋ Cancer
June 22 - July 23
It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

♌ Leo
July 24 - Aug. 23
You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

♎ Libra
Sept. 24 - Oct. 23
You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

♏ Scorpio
Oct. 24 - Nov. 22
What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

♐ Sagittarius
Nov. 23 - Dec. 21
You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

♑ Capricorn
Dec. 22 - Jan. 20
Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

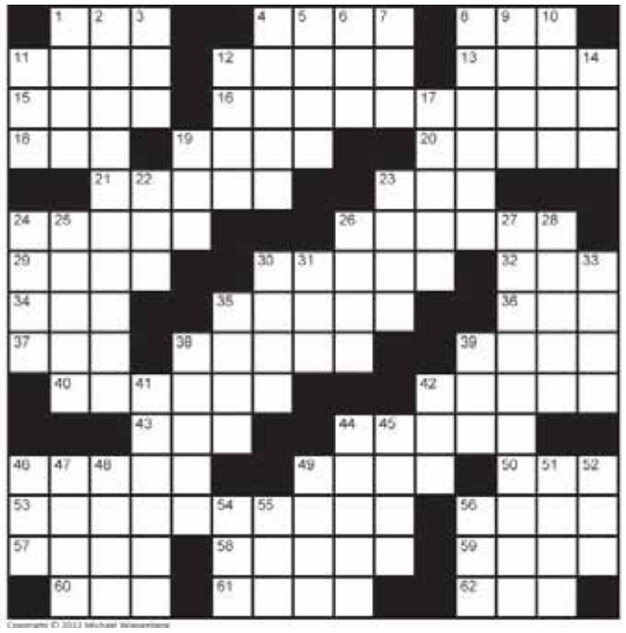
♒ Aquarius
Jan. 21 - Feb. 19
You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

♓ Pisces
Feb. 20 - March 20
Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

BY MICHAEL WIESENBERG



Across
1. Upper limb
4. Spoken
8. CD ancestors
11. *Yours* or *to you* (singular): Fr. (2 wds.)
12. "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
13. Acorn-dropping trees
15. Deafening
16. Maritime Province (2 wds)
18. Lower limb
19. Australian birds with green eggs
20. Foe
21. Float in place
23. Boxer Muhammed ___, the former Cassius Clay
24. Carried, as by the wind
26. Edmonton NHL team
29. Make ___ with: impress someone (2 wds.)
30. Banquets
32. And so on: abbr.
34. Unhappy
35. Casting director's assignments
36. Cause surface damage to
37. Before: poetic
38. Halifax-born singer McLachlan
39. Completely naked
40. Yellowknife is 400 miles south of this Circle
42. Apply juice, as to a turkey
43. Fled on foot
44. Call off (a mission), in NASA-speak
46. Book of maps
49. All over again
50. Recede, as the Bay of Fundy tide
53. Dentifrice
56. Burn the midnight oil studying
57. Comfortable state
58. Foreigner
59. Nevada's "The Biggest Little City in the World"
60. ___ Moines, Iowa
61. Votes cast in favor
62. Not even

Down
1. Dip ___ in the water: test bath temperature (2 wds.)
2. Saskatchewan CFL team member
3. Central
4. Smell
5. Guns, as an engine
6. ___ loss for words (2 wds.)
7. ___ Angeles
8. Dollar coin
9. Appetizer spread
10. ___ milk: 0% fat
11. Everything
12. "This one's ___": "My turn to buy" (2 wds.)
14. Speak
17. Biological building blocks
19. Night before
22. Quebec neighbour: abbr.
23. Is sick
24. Air Force installation
25. Scarlett ___
26. Promise
27. "'Digitally ___": fresh copy made from the original, in a DVD or CD notice
28. Begin
30. ___ Garneau: first Canadian in outer space
31. Historic period of note
33. They were among the original inhabitants of Ontario
35. Ache
38. Hidden cache
39. Tavern
41. Packing cases
42. Acknowledge applause
44. Puts money into a poker pot before cards are dealt
45. "What's ___ happening?"
46. Consumed
47. Frog's land-based cousin
48. Be an unsuccessful gambler
49. Largest continent
51. Group of marching musicians
52. RBC competitor
54. Earnings
55. Hearty pub order
56. ___-Magnon man

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		4	6		2			
	3					4	9	
6	7				1	8		
2		8	7				3	
				9				
	1				4	7		5
		9	4				1	7
	2	7					5	
			5		8	9		

Yesterday's Sudoku

Today 22°/14° Cloudy
Thursday 22°/10° Cloudy
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FLIGHT CENTRE® Unbeatable
Kids fly FREE^ to Florida
BONUS Kids stay free at most Florida resorts! Conditions apply.
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Conditions apply. ^Kids fly free (ages 2-17) valid on select Transat Holidays package bookings to Ft Lauderdale and Orlando made by October 31, 2012 for travel Nov 1 - 16, 2012, Jan 3 - Feb 20, 2013 and Mar 21 - May 1, 2013. Applicable to 7 and 14 night packages only and select flights/days of the week. Kids 2-17 years pay taxes, one child free per paying adult. Offer is subject to change and may be withdrawn at any time without notice by the supplier. Valid on new bookings only. Not combinable with any other offers, discounts or promotions. Additional restrictions may apply. Head office address: 1 Dundas St W, Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 tico.ca

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metro News worth sharing.

HURRY IN! OFFER ENDS OCTOBER 31ST

0% —FINANCING ON— 2013** ON SELECT MODELS | PAY FOR 90 DAYS*

+ 3 MONTHLY PAYMENTS ON US¥

FOR A LIMITED TIME ONLY

kia.ca

2012 RONDO

INCLUDES $750 LIMITED TIME CASH BONUS^

WAS ~~$23,178~~

$6,250‹ CASH SAVINGS

CASH PURCHASE PRICE FROM $16,928‹

HWY: 7.5L/100KM
CITY: 10.6L/100KM

Rondo EX-V6 Luxury shown△

Includes delivery, destination and fees of $2,183, $5,500 in cash savings‡ (trading dollars) and $750 in cash bonus. **BASED ON A PURCHASE PRICE OF $23,178.** Offer based on 2012 Rondo LX with AC.

2012 OPTIMA HYBRID

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.6L/100KM

WAS ~~$32,583~~

WELL-EQUIPPED FROM $26,883‹

INCLUDES $5,700 IN CASH SAVINGS

Offer includes delivery, destination and fees of $1,988, **$1,000 ECO-CREDIT›** and **$4,700 cash savings‡**. **BASED ON A PURCHASE PRICE OF $32,583.** Offer based on 2012 Optima Hybrid base.

Optima Hybrid Premium shown△

2012 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM $135≠ BI-WEEKLY

AT 1.49% APR

FOR UP TO 60 MONTHS

INCLUDES 3 MONTHLY PAYMENTS ON US¥

bi-weekly for 60 months, amortized over 84 months with $1,750 down payment. $6,917 remaining balance. Offer includes delivery, destination and fees of $1,988 and **$1,200** "3 payments on us" savings¥. **BASED ON A PURCHASE PRICE OF $26,283.** Offer based on 2012 Optima LX AT.

Optima SX Turbo shown△

5 WE'VE GOT YOU COVERED

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- Military Benefit
- Mobility Assistance
- Grad Rebate

see dealer for details

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include licensing, PPSA or applicable taxes.

KIA

The Power to Surprise

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Your local dealer may charge additional fees for an administration fee that can range from $0 to $699. Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sportage 2.4L LX MT FWD (SP551D) with a selling price of $24,528 [includes delivery and destination fees of $1,650, $750 loan savings, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable)] financed at 0.9% APR for 48 months. Monthly payments equal $236 per payment with a down payment/equivalent trade of $1,899. License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ◆"Don't Pay for 90 Days" on select new models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ¥"3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2013 Optima/2012 Sorento/2013 Sorento/2013 Forte Sedan/2013 Forte Koup/2013 Forte5 from a participating dealer between October 1 – October 31, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $350/$350/$400/$400/$550/$550/$350/$350/$350 per month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,050/$1,050/$1,200/$1,200/$1,650/$1,650/$1,050/$1,050/$1,050 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 31, 2012. ‹Cash purchase price for 2012 Rondo LX with AC (RN750C)/2012 Optima Hybrid base (OP744C) is $16,928/$26,883 and includes a cash savings of $5,500/$4,700 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), $0/$1,000 ECO-credit, $750/$0 cash bonus, delivery and destination fees of $1,650/$1,455, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $23,178/$32,583. Retailer may sell for less. See dealer for full details. Available at participating dealers. ‡Rondo Cash Bonus offer is available to qualified retail customers who purchase/finance or lease a new 2012 Kia Rondo (Cash Bonus of $750) from a participating dealer between October 1 and October 31, 2012 and will be deducted from the negotiated purchase/lease price before taxes. Lease and finance offers are on approved credit. Some conditions apply. See your dealer for complete details. ›ECO-Credit for 2012 Optima Hybrid is $1,000 (deducted before taxes) and is applicable to the purchase or lease of a new 2012 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. ‡$4,700 cash savings on the cash purchase of an eligible new 2012 Optima Hybrid from a participating dealer between October 1 – October 31, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. ≠Bi-weekly finance payment (on approved credit) for new 2012 Optima LX AT (OP742C) based on a selling price of $26,283 is $135 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $6,917 plus applicable taxes due at end of 60-month period. Offer includes $1,200 "3 payments on us" savings, delivery and destination fees of $1,455, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. △Model shown Manufacturer Suggested Retail Price for 2012 Rondo EX V6 Luxury (RN75BC)/2012 Optima SX Turbo (OP748C)/2012 Optima Hybrid Premium (OP748C) is $29,945/$35,450/$37,250 and includes delivery and destination fees of $1,650/$1,455/$1,455, environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $399), tire recycling and filter charges of $34, OMVIC fee, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption is based on the 2012 Rondo 2.4L MPI 4-cyl/2012 Optima 2.4L GDI 4-cyl (A/T)/2012 Optima Hybrid 2.4L MPI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the $500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.

Daphne's wearing the Ispiri® belted cape sweater paired with the Denver Hayes denim legging in black.

Sarah's wearing the Denver Hayes® quilted military coat paired with a Denver Hayes plaid shirt.

Claudia's wearing the Denver Hayes SOFT cable shawl collared sweater paired with Denver Hayes straight leg jeans in syrah color.

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